

Mental Health Month

EVENT CALENDAR



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 9			1	2	3 • CREATIVE COOKING	4	5
WEEK 10	6 • PUBLIC HOLIDAY	7 • BEND & SNACK • MID-AUTUMN FESTIVAL • CRAFT WITH THE WELLNESS AMBASSADORS	8 • BREAKY BAR • WELLNESS WEDNESDAY • PETALS AND POSITIVITY	9 • BEND & SNACK • BREAKY BAR • 60 MINUTES IN NATURE: BOTANIC GARDEN PICNIC	10 • OKTOBERFEST	11	12 "Our wounds are often the openings to the best and most beautiful part of us" - David Richo
WEEK 11	13	14 • BEND & SNACK • CRAFT WITH THE WELLNESS AMBASSADORS	15 • BREAKY BAR • WELLNESS WEDNESDAY • BOARD GAME + TEA SOCIAL	16 • BEND & SNACK • SARC SAFETY & BELONGING LUNCH • 60 MINUTES IN NATURE: BOTANIC GARDENS	17	18 "Healing takes time and asking for help is a courageous step" - Mariska Hargitay	19
WEEK 12	20	21 • BEND & SNACK • DIWALI CELEBRATION	22 • BREAKY BAR • WELLNESS WEDNESDAY • PETALS & POSITIVITY	23 • BEND & SNACK • BREAKY BAR • 60 MINUTES IN NATURE: BOTANIC GARDENS	24	25	26 One thing I do today to support my wellbeing is...
WEEK 13	27	28 <i>Stress Less Week</i> • BEND & SNACK	29 <i>Stress Less Week</i> • BREAKY BAR • WELLNESS WEDNESDAY • BOARD GAME & TEA SOCIAL	30 <i>Stress Less Week</i> • BREAKY BAR	31 • HALLOWEEN PARTY	In your own time, stop, reflect, and write down 5 things that bring you joy.	

MENTAL HEALTH MONTH TREASURE HUNT:

During the month of October, keep your eyes peeled for our Wellness hot spots. Our Wellness Team have placed QR codes in mindful spots across campus for you to scan, and check in on your own mental health. If you complete 5 of these mental health self check-in's along with the Wellness Survey to automatically go in the draw to win the ULTIMATE WELLNESS TREASURE!

MENTAL HEALTH MONTH DETAILS:



FOR ALL DETAILS ON TIMES AND LOCATIONS OF MENTAL HEALTH MONTH EVENTS AND ACTIVITIES, PLEASE SCAN THE QR CODE OR, HEAD TO THE UOW PULSE WEBSITE:
<https://pulse.uow.edu.au/mental-health-2025/>

ONGOING SUPPORT:

The UOW 24-Hour Wellbeing Line is here to help onshore UOW students at any Australian campus. It's free, confidential, and available 24/7 to all onshore UOW students. Call anytime if you're feeling stressed, overwhelmed, or supporting someone in distress. Scan the code for details.

CALL 1300 036 149
TEXT 0488 884 164

KEEP UP TO DATE

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[PULSE.UOW.EDU.AU/WHATS-ON/](https://pulse.uow.edu.au/whats-on/)



Wellness
BY PULSE

SSAF
Funded by Student
Services & Amenities Fee