

Art for Wellbeing

EXHIBITION FOR MENTAL HEALTH WEEK INITIATIVE

**RAISING OUR
HANDS TO SHOW
OUR SUPPORT**

A FREE COMMUNITY COLLABORATION ACTIVITY

OPEN TO EVERYONE!



To participate in this activity you will need an A4 sized paper or canvas and your choice of art supplies. Simply outline your hand and share 5 tips, strategies or things that keep you mentally well, that might help someone else when they're feeling down.

Decorate as you wish, add your name and submit your entry to our

Broome office at 5/20 Hamersley St between 8:30am and 4pm before September 25th.

Entries will be combined to create a collage to show support for our community, while offering tips and strategies for anyone when they are feeling down. The collage will be displayed at our Art for Wellbeing Exhibition for Mental Health Week 12-16th of October.

Entries do not require an entry form and do not count towards your maximum of 2 entries into the exhibition. As these will be combined into a collage, we are unable to return these to you at the end of the exhibition and will instead remain the property of Boab Health Services