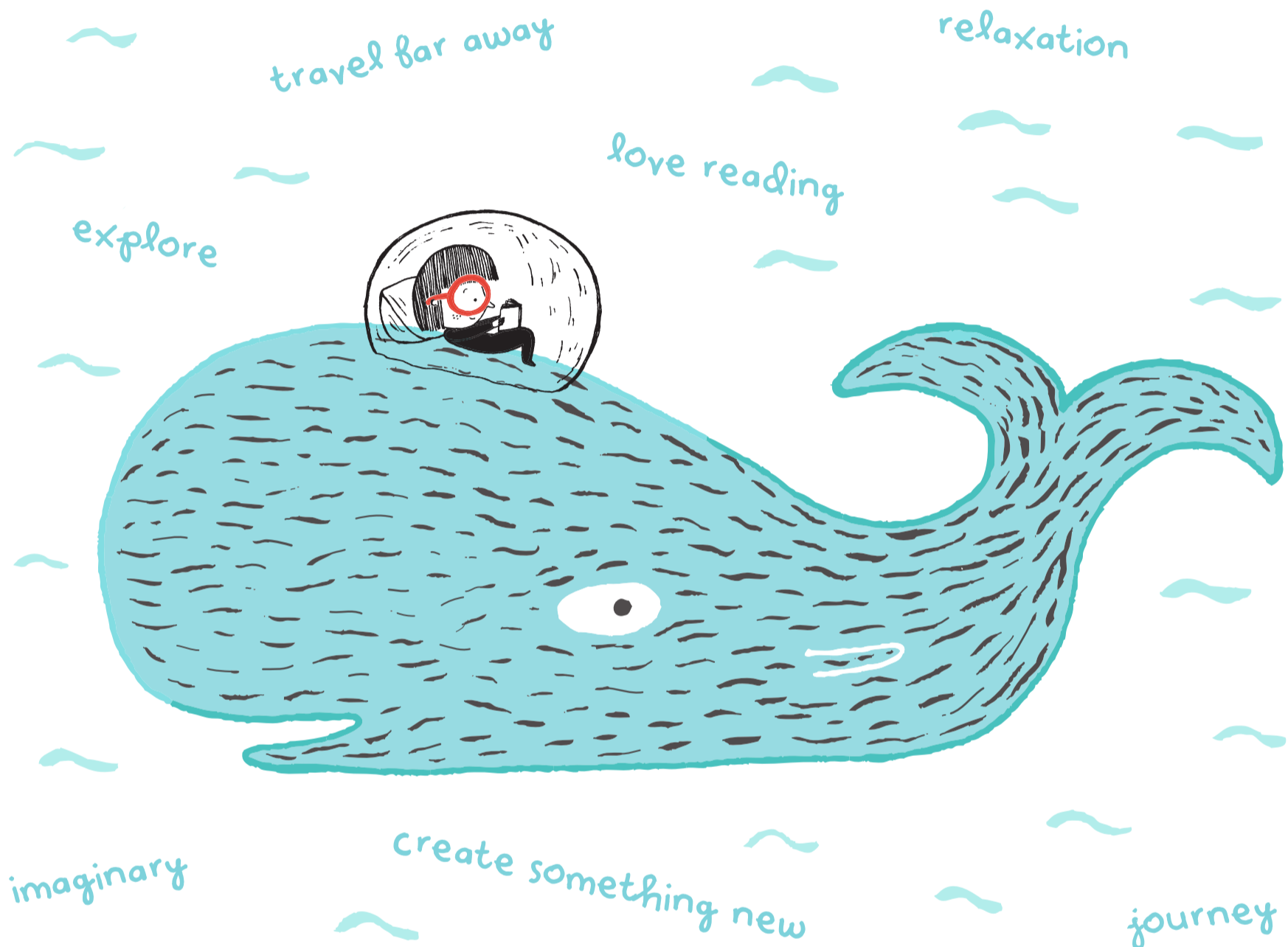


How do you

# TREAT YO SELF?

A CREATIVE ARTS COMPETITION FOR YOUNG  
PEOPLE AGED 15 TO 25



**STRONGER 2018 TOGETHER**  
**MENTAL HEALTH WEEK 7-13 OCTOBER**

[www.mhct.org/mentalhealthweek](http://www.mhct.org/mentalhealthweek)

TO CELEBRATE 2018 MENTAL HEALTH WEEK IN TASMANIA WE WANT TO RECOGNISE AND ENCOURAGE THE THINGS YOU DO TO HELP YOURSELF FEEL BETTER WHEN TIMES ARE TOUGH. IT COULD BE TALKING WITH YOUR MATES, GOING TO THE SURF OR BUSH, OR GETTING YOUR SLEEP BACK ON TRACK. AWARDS AND PRIZES FOR THOSE OF YOU WHO CAN SHOW, WRITE, AND TELL US ABOUT HOW YOU LIKE TO "TREAT YO SELF".

CATEGORIES

WRITTEN - DIGITAL - TRADITIONAL

ANY QUESTIONS CONTACT US AT [ENQUIRIES@MHCT.ORG](mailto:ENQUIRIES@MHCT.ORG)

[WWW.MHCT.ORG](http://WWW.MHCT.ORG)

ENTRIES CLOSE 24 SEPTEMBER 2018

