

Good Arts, Good Mental Health

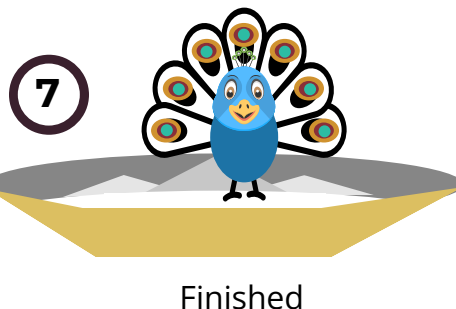
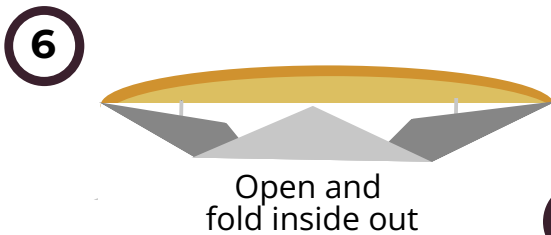
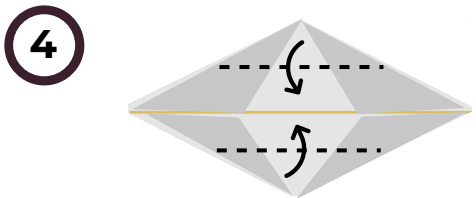
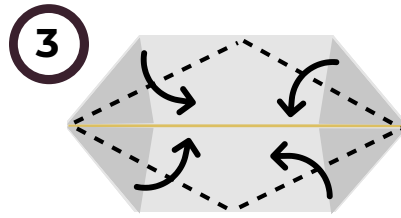
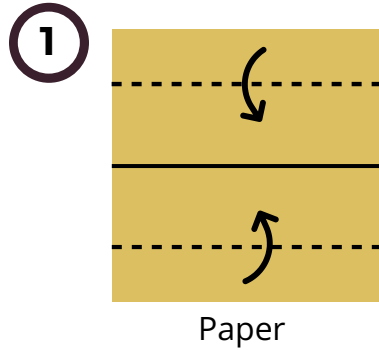
Origami Boat

#GAGMH

Contact: gagmh-sah@uwa.edu.au

Website: <http://tinyurl.com/TrySomeArt>

Instagram & X (Twitter): @artshealthwa



Please post and tag us:
@artshealthwa
@artshealthwa
Hashtag: #GAGMH

Instructions

What is #GAGMH?

This challenge encourages people to take part in the arts for better mental wellbeing.

Can I take part?

Everyone is welcome. You don't have to be "arty" to take part.

How much does it cost?

It's free to take part. The challenges use everyday items, so taking part should be free or very low cost.

You can download **free** resources at:

<http://tinyurl.com/TrySomeArt>

What happens if I miss a day?

Nothing. **No pressure** – this challenge is about fun and enjoyment. Take part when you can.

Will there be posts to help me?

Yes. Visit @artshealthwa on Instagram.



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**WESTERN
AUSTRALIA**

**Good Arts
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