

World Mental Health Day 2024

Thursday 10th October

WEAR YELLOW



Wear as much or
as little yellow as
you want.

Wearing yellow
on Thursday 10th
October

highlights our
awareness of taking
steps to supporting

THIS IS A FREE, AWARENESS EVENT
STUDENTS ARE NOT REQUIRED TO DONATE OR FUNDRAISE.

World Mental Health Day 2024

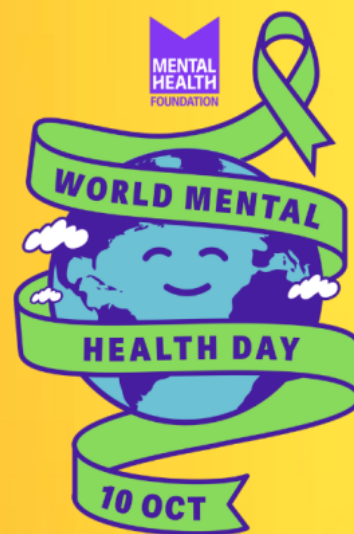
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KLSix are raising awareness of World Mental Health Day 2024 by providing students with a range of activities and opportunities that promote steps to supporting everyday

You will be given a mental health & wellbeing passport and we encourage you to complete as many of the activities as possible. Submit your passport to



Meditation
Relaxation
Creativity
Rest
Mindfulness



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