







## NEED A LIFT?

Mental Health Month photography competition for young people aged 12-24 across Northern Sydney

- To celebrate positive mental health, capture a photo of something uplifting, positive or joyful in your life or community.
- Selected photos will be showcased in lifts and across your local community as well as on Instagram @needaliftphotography during Mental Health Month in October.
- Heaps of prizes including 6 x JB Hi-Fi vouchers up for grabs with values of up to \$350.
- Submit your entry by Sunday 11th Sept, 2022. For details and to enter scan this QR code now >





Health
Northern Sydney
Local Health District

















