

Anxiety NZ presents:

UPEVEL MY WELLBEING *challenge*

Mental Health Awareness Week

12-18 October 2026

Build your mental health
toolkit with our free
community challenge -
'Uplevel My Wellbeing'.
Grab your spot today!

Scan the QR code or visit
the website below to
register for the challenge:



SCAN ME

Share with family & friends to
complete the free challenge together!

www.anxiety.org.nz/challenge

AnxietyNZ
HERE FOR YOU

