

# be YOUunique!



MENTAL HEALTH MONTH 2014



**hunter institute**  
of mental health

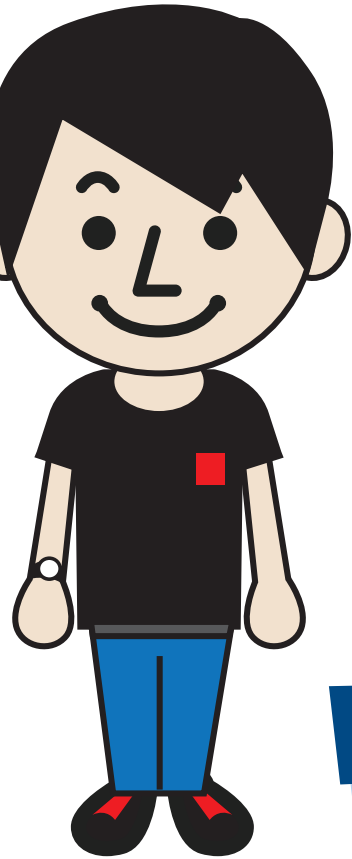
**Response**  
**Ability**



[MENTALHEALTH.ASN.AU](http://MENTALHEALTH.ASN.AU)

# be YOUUnique!

Be yourself because an original is worth more than a copy.  
Take some time to consider how you are unique.



1. What words best describe you?

2. What have you achieved that you are most proud of?

3. What are three priorities in your life?

4. How would your friends describe you?

5. If you had a superpower what would it be?



Response Ability are the 2014 winners of the  
Mental Health *Matters* award in the  
Mental Health Promotion & Wellbeing category.

[www.responseability.org](http://www.responseability.org)

