

# Origami Competition – Mental Health Week

Origami is known to help calm the mind, ease stress, and support emotional wellbeing. Let's participate in the **Origami Competition** in Darwin, create your artwork, and celebrate Mental Health Week together, and unfold the taboo of talking about mental health through creativity and connection.

## Categories

- Children (Under 8)
- Original Origami – your own unique design
- High-Level Origami – any advanced style

## Submission Period

1–10 October 2026

## Origami Workshop

Learn how to create your own origami paper cranes at this free community workshop.

**Library & Archives NT, Darwin City**

Saturday, 10 October

11:00am – 12:00pm

Suitable for all ages.

## Drop-off Points

Origami & Beading for Peace  
(1/5 Harriet Pl, CBD)

TEMHCO

(3 Maluka Dr, Palmerston City)

Library & Archives NT

(L2, 54 Cavenagh Street, Darwin City)

## Exhibition & Judging

Origami artworks will be displayed at **Library & Archives NT, Darwin City**.

Judging for each category will take place on 13th October.

Prizes (origami sets, workshops) will be awarded to the winners of each category.

## Submission Requirements

Please include the following with your origami entry:

- Your name
- Contact details
- Age (if entering the Children category)
- A short comment about your origami creation

## For More Information

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