



Australasian College  
for Emergency Medicine

21-27 June  
**Wellness  
Week '26**

#ACEMWellnessWeek

## Take part in ACEM Wellness Week 2026.

Planned activities will allow staff to focus on the wellbeing of themselves and their colleagues, as we celebrate emergency medicine's history and accomplishments and how far we've come in supporting those within the speciality.

## Get involved

Download the ACEM Wellness Week Toolkit, where you can access social media images, posters, calendars and more. Download the resources for your department here:

[acem.org.au/WellnessWeek2026](https://acem.org.au/WellnessWeek2026)

Don't forget to share your stories and thoughts in the lead up to and throughout the week across social media using the social media images/posters and #ACEMWellnessWeek.

Find out more at  
[acem.org.au/WellnessWeek2026](https://acem.org.au/WellnessWeek2026)

