

**MENTAL HEALTH STARTS
WHERE WE LIVE, LEARN,
WORK & PLAY**



**WA
MENTAL
HEALTH
WEEK**

7-14 October 2018

mhw.waamh.org.au

Bunbury 2018

Mental Health Week

Schedule of events

MONDAY 8th Oct	TUESDAY 9th Oct	WEDNESDAY 10th Oct	THURSDAY 11th Oct
Art Exhibition 10am—2pm Bunbury Regional Art Gallery			
MH Week Launch & Social Event 6pm-8pm Bunbury Regional Art Gallery	MH Week Expo 10am-2pm Paisley Square		Community Education Sessions St John of God Hospital 9am Healthy Minds Platter 10am Morning Tea 10:30am Distress and Why Mental Health & Wellbeing Matters (Suicide Awareness) 11:30am suicideTALK 12.30 Light Lunch. RSVP Registrations.SWCADS@sjog.org.au
Happy thoughts, motivational quotes pavement messages	Performance Art Event 10am-1pm Graeme Bicknell Shell	Walk for Mental Health Big Swamp Bunbury. 10am-Community walk 11am-12pm-Lunch, activities including drumming Clementine the Mental Health Cow will also be there for a pat and a chat. No RSVP required.	headspace Open Day 4pm-7pm Busselton Foreshore Youth Precinct Teams to complete an amazing race, at the finish line you will be covered in coloured powder, celebrating with food, drinks and entertainment. RSVP penny@headspacebunbury.org.au



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