



NT MENTAL HEALTH WEEK

7 - 15 October, 2023

Celebrating our Strengths



NT MENTAL HEALTH WEEK PARTICIPATION KIT

Coordinated by:



Funded by:





About This Guide

This kit is intended as a supportive guide only and is not intended to be a complete guide to the coordination and delivery of any planned events. This guide is also intended to provide inspiration and ideas around the many varied ways to participate in and engage with Mental Health Week in the NT.

For enquiries, please contact NTMHC at admin@ntmhc.org.au or 08 8948 2246. Additional resources and information on NT Mental Health week can be found at: www.ntmhc.org.au/mentalhealthweek/.



Acknowledgement of Country

The Northern Territory Mental Health Coalition acknowledges the traditional owners of country throughout Australia and their continuing connection to land, sea and community. We pay our respects to them and their cultures and to their elders both past and present.

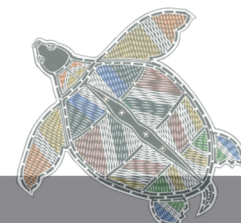


Acknowledgement of Lived Experience

We acknowledge those with a lived and living experience of mental ill-health. We recognise that we can only provide quality care through valuing, respecting and drawing upon the lived experience and expert knowledge of consumers, their families, carers, friends, and communities.

For more information on the NT Lived Experience community, visit: www.livedexperient.net

NTMHC values diversity. We advocate for a safe and inclusive society for all people, regardless of their ethnicity, faith, disability, sexuality, or gender identity, and uphold these values in all we do.



About NT Mental Health Week

Funded by the NT Government and NT PHN, NT Mental Health Week is coordinated by the Northern Territory Mental Health Coalition in collaboration with other State peak community mental health bodies.

NT Mental Health Week is part of a national mental health promotion campaign held in October each year, and incorporates World Mental Health Day, held globally on 10 October. This year, Mental Health Week in the NT will be held 7 - 15 October.

The purpose of this awareness week is to engage communities in activities that promote mental health and wellbeing and to also increase understanding and reduce stigma about mental illness, and how it impacts on the lives of people in our communities.

Celebrating Our Strengths is this year's theme – calling for reflection on the things in our lives and communities that we are proud of that keep our mental health, well-being and our spirit strong. Let's share experiences across our communities and celebrate the many strengths we have in all places and all people throughout the Territory. By valuing and celebrating our achievements and contributions we help create more of the change we want to see, building hope, wellbeing and inspiration.



Ways to Get Involved

Showcase the Colour Green!

Green is this year's Mental Health Week colour, symbolizing new life, new growth and new beginnings and representing hope, strength and support.

We're encouraging everyone to show support by turning the NT green! During Mental Health Week, wearing a green ribbon - the international symbol of mental health - is one way you can show support. Why not have a 'Wear Green' day at your school or workplace, host an afternoon tea with green themed food, or put a green light globe in the window of your home or office to start a conversation and show that mental health and wellbeing is important to you. If you're running a Mental Health Week event, then be sure to showcase the color green!



Host An Event

Hosting an event or activity for NTMHW is a great way to encourage awareness of mental health and wellbeing in your community, school or workplace. It can decrease stigma, and empower people to seek help, for themselves or others. It can also give people from your community the awareness to consider mental health as something that they can work on. NTMHW events can be educational, fun, creative, innovative and/or interesting. More ideas and information on hosting an event is found below.

Eligible candidates can apply for a mini-grant to run an event during MHW at www.ntmhc.org.au/mentalhealthweek/minigrant. The deadline to submit a grant application is 28 July 2023.

Nominate Someone for an Award

Has someone stood out for their exceptional mental health support or work in community? Then why not nominate them for an award during NT Mental Health Week so that their efforts and good work can be recognized and celebrated. To nominate someone go to <https://ntmhc.org.au/mentalhealthweek/awards/>.

Nominations close **Friday 4th August, 2023**.



Support An Event

If you are looking to make a difference, but don't want to run an event, you could find an event near you and offer to help as a volunteer. You can also show your support and connect with others in your community by making time to attend an event. There are plenty of in-person and online events being held and many opportunities for people to get involved.

To see what's happening during MHW or to register your event, visit: <https://ntmhc.org.au/events>.

Create a Video - What Makes Me Strong?

Don't be shy! Tell us what keeps you strong!

In the spirit of this year's theme 'Celebrating Our Strengths', we are inviting Territorians to create a short video sharing what things in your life or community help keep you strong.

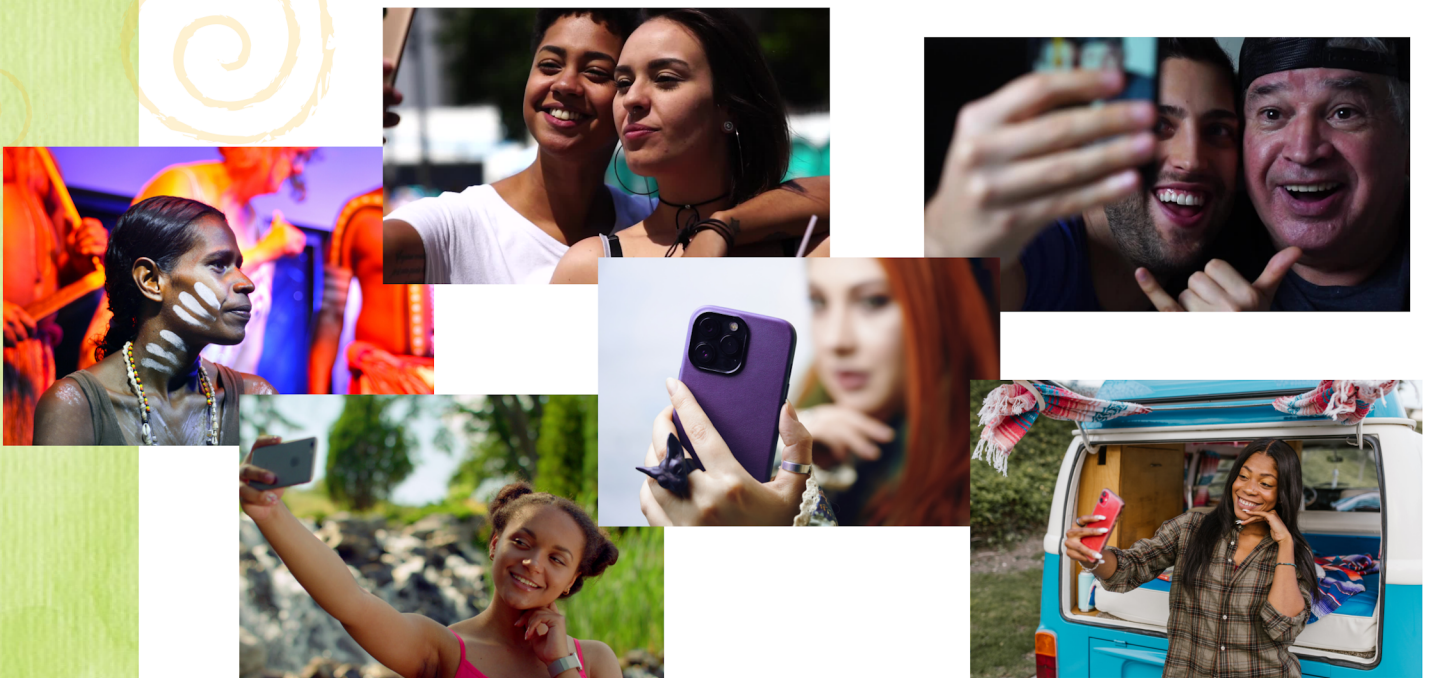
We welcome people of **all ages from all walks of life** to join in this campaign!

We have deep and wonderful strengths in all of our communities, where we find peace, support, happiness, and creativity. It is these strengths, no matter how big or small, that sustain us in life - especially through our difficult times.

By sharing with one another, we show that we are not alone, and we remind one another of the many ways we can look after our mental health and keep ourselves strong.

We invite individuals, families, communities, workplace or other teams, to pick up their smart phones and share the things that help them stay strong. Get creative and have some fun! These short videos will be shared on our YouTube channel and Facebook page throughout the next few months and during Mental Health Week in October.

To learn more and for submission guidelines visit our Mental Health Week web page www.ntmhc.org.au/mentalhealthweek/videocampaign



Reach Out And Connect

We can all work together to increase awareness about the importance of maintaining our mental health and ensuring people know what help-seeking options are available. Reaching out to friends, family or workmates is something we can all do. We will also have social media posts and downloadable resources available if you want to start a conversation online. Be sure to like the NTMHC **Facebook page**, and to download additional MHW resources available at www.ntmhc.org.au/mentalhealthweek-resources/.

Participate In Activities That Boost Your Mental Wellbeing

Taking some time out to look after our mental wellbeing lifts our mood, improves our relationships and helps us deal with life's challenges. When we look after our mental wellbeing, we are better able to cope with the everyday stresses of life, reach our goals, participate in the community and work productively.

Some key areas to focus on when maintaining mental wellbeing include:

- Have a Wellness Plan
- Exercise
- Spend time in Nature
- Practice mindfulness
- Good sleep hygiene
- Make good choices re: drugs and alcohol
- Positive social relationships

For more mental health and wellbeing tips and strategies visit:

<https://beyondblue.org.au/personal-best/pillar/wellbeing>



Quick Tips to Plan Your Event

Feel inspired to plan your own NTMHW event? Excellent!

We've put together a few tips to help you get started and hopefully make the planning process easier.

Planning your event...



1. Define your 'why'

Any well-planned event starts with a clearly defined purpose and idea of what you hope to achieve. Some possible goals could include:

- Raising awareness about mental health and wellbeing in your community
- Providing information about mental health and wellbeing services available
- Reducing stigma associated with mental illness
- Encouraging self-care and help seeking actions
- Making or improving connections in your community

2. Identify your audience

Your event can be open to everyone in the community or just involve a specific group, such as your workplace, a community group, or a small group of friends and family. Your event could also involve a particular demographic or location.

Your event can be public or private - either way, you can register your event on the NT Mental Health Week Calendar, at <https://ntmhc.org.au/events/> and access the free resources on the MHW website.

3. Plan your next steps

Once you've defined your goals and your target audience, you can start thinking about the activities you want to include and how to approach them. Below are some questions that can help you with your planning:

- How can you best reach your audience? Would planning a meal, or some music be suitable to your target group? Or some other activities?
- Are there other services or organizations with similar goals or people that you might want to help you host the event, or a specific activity?
- Are there any specific challenges you might encounter in achieving success with your event? This can range from logistic issues, like finding an appropriate venues in your area or effective communication methods, to attitudes or discrimination. How might you plan to overcome these challenges?
- Are there any specific requirements or regulations that need to be met before you can run your event?
- Establish what your budget is, and what activities and resources this will need to cover.

Examples of Events and Activities

There are countless events and activities you could hold for NTMHW, so we encourage you to participate in a way that is meaningful and achievable for you and your community, whether big or small.

Events can be focused on reaching the general public or a specific audience such as those living with a mental illness, Culturally and Linguistically Diverse (CALD) communities, Aboriginal and Torres Strait Islander communities, or LGBTQIA+ communities. Other events can be focused around their setting, such as a workplace, educational environment or a youth centre.

Some examples of past events

In past years, organisations have held a wide range of events, such as:

- Traditional healing
- Art therapy
- Exercise programs
- Traditional food cooking activities
- Music activities
- Outdoor cinema event
- Wellbeing lunches and workshops
- Screen printing messages of hope and healing
- Support animal activities
- Sharing stories of mental illness and recovery pathways
- Family events and
- Play groups



We encourage you to be creative, collaborate and celebrate awareness, belonging and connection with your local community.

Some Final Tips...

Be part of a team

- © Consider assembling a team to help plan and deliver your event - it will be great for team building while adding to the fun, and an effective way to bring in a range of skills and knowledge to help your event be a success.



Be informed and proactive

- © To help ensure positive, inclusive and safe messaging, consider reviewing the Mindframe guidelines at www.mindframe.org.au.
- © It is important that all organisations and individuals discussing mental ill-health avoid using stigmatising terminology and language. As part of capacity building for the sector and to encourage help-seeking behaviour, Mindframe developed national guidelines for the discussion, reporting and publication of content, which references mental health or mental ill-health.

Promote your event

- © Register your event on the NTMHW website at <https://ntmhc.org.au/events/>. By registering your event, it will be added to the MHW calendar, and be more widely publicized and easily found through web searches.
- © Check out the downloadable resources on the **NTMHW website**, as well as the event info to help you promote your own event. Use the NTMHW email signature to raise awareness about the event.
- © Promote your event through your networks, email list, newsletter and local media.

Be prepared

- © Promoting awareness about mental health and wellbeing can raise conversations that could be confronting or sensitive. Talk with your team about how you can approach these, and what you are comfortable discussing. It can be useful to have some information prepared that you can pass on to people who have questions you don't have answers to. It is a good idea to organise leaflets and information packs from local mental health and wellness providers and services that you want to hand out at your event.
- © If someone approaches you for advice or help, you can ask directly if they need to talk to someone, encourage the person to seek help, and give them information about where they can find help.

Get feedback

- © Obtaining feedback from event attendees is a great way to help measure your success and plan future events. Distribute a survey and debrief with your team after the event will help you learn what worked well and what can be improved for next year.



Photos

If you are taking photographs of people at your event and you intend to publish or use these photographs electronically or in print, you will need to get consent from the people in the photograph. If you are working with people who are under 18, you will need parental or guardian consent to post or display images/video of children.

If you are taking photographs of large groups of people attending your event, it may not be possible to get consent from each person in the photograph. You can post a notice of filming and photography at the event indicating that photographs may be taken and give people the option of not being photographed.

Make sure to tag the **NT Mental Health Coalition's Facebook page** if you are comfortable having your event promotions and any photos shared.



Resources

It's important to include relevant helplines and websites where applicable to start people on the right track when seeking help. Below is a list of helplines. Additional mental health services and resources can be found at www.ntmhw.org.au/resources.

Lifeline 13 11 14 | www.lifeline.org.au

beyondblue 1300 22 4636 | www.beyondblue.org.au

SANE Australia helpline 1800 18 SANE (7263) | www.sane.org

Suicide Call Back Service 1300 659 467 | www.suicidecallbackservice.org.au

MensLine Australia 1300 78 99 78 | www.mensline.org.au

Kids Helpline 1800 55 1800 (27/7 crisis support) | www.kidshelp.com.au

headspace 1800 650 890 | www.headspace.org.au

Veterans & Veterans Families Counselling Service 1800 011 046 www.vvcs.gov.au

Butterfly Foundation 1800 33 4673 | www.butterflyfoundation.org.au

QLife 1800 184 527 | www.qlife.org.au

friendline 1800 424 287

NT Mental Health Line 1800 682 288

Team Talk 1800 832 600 | www.teamhealth.asn.au

