

MENTAL HEALTH WEEK EVENTS - TOP END

OCT
7

CARER PEER SUPPORT GROUP - MENTAL HEALTH WEEK



WHERE: Harrys Place
WHEN: 7/10/2024 9.30am to 12pm
WHAT: In-person carer peer support group celebrating carer strengths
Open to registered carers
COST: FREE

OCT
7

MENTAL HEALTH WEEK DINNER 2024



WHERE: Silks Darwin
WHEN: 7/10/2024 6:30pm to 9:30pm
WHAT: Going through a mental health challenge or standing by a friend who is? Join us at MIFANT's Annual Mental Health Week Dinner on 7th October 2024, and find a community that understands. Enjoy a 3-course dinner, live speed painting by mental health advocate Sarah Rowan, and uplifting talks focused on mental well-being. Don't miss this chance to connect with others who truly get it. Your mental well-being matters.
COST: \$150

OCT
8

NT MENTAL HEALTH WEEK EVENT - KERRY HAWKINS PRESENTING



WHERE: The Bougainvillea Centre, 25 Boetdoemba St, Nightcliff
WHEN: 8/10/2024 9:00am to 10:30pm
WHAT: Kerry Hawkins has worked as a Commissioner at the National Mental Health Commission. She has done extensive research on international models through a Churchill fellowship and is a passionate advocate for reform and reshaping the mental health system in Australia. Come and listen to Kerry talk, morning tea provided.
COST: FREE

OCT
8

MENTAL HEALTH WEEK EVENT - ORIGAMI & BEADING FOR PEACE OF MIND

WHERE: 1/5 Harriet Pl Darwin City
WHEN: 8/10/2024 5:30pm to 7:30pm
WHAT: Discover the tranquility of origami and beading at our peaceful crafting session. Immerse yourself in the art as a way to calm the mind and engage in discussions about mental health. Join us at 1/5 Harriet Place, Darwin, for an intimate gathering dedicated to relaxation and creativity. No prior experience is needed; delight in the simplicity and therapeutic nature of these activities. Space is limited due to venue capacity, so secure your spot quickly. If your plans change, please inform us so we can offer the opportunity to someone else.
COST: FREE

OCT
9

MIPLACE OPEN DAY - MENTAL HEALTH WEEK



WHERE: 2/273 Bagot Road, Coconut Grove
WHEN: 9/10/2024 9:30am to 1:00pm
WHAT: Join us for MIFANT's Mental Health Week Open Day! It's like a mini carnival with loads of fun activities! Try your luck at the spin-the-prize wheel, share some positivity with our gratitude tree, enjoy live music, and join in on the games. And don't miss the tasty BBQ lunch! Mark your calendars and join the fun!
COST: FREE

OCT
10

MENTAL HEALTH WEEK SEMINAR



WHERE: Menzies JMB Auditorium, RDH Campus Darwin
WHEN: 10/10/2024 9:00am to 3:00pm
WHAT: Celebrating our strengths: Innovative programs for improved mental health care in the NT A day full of presentations, a panel and opportunity to contribute to setting mental health service priorities in the NT.
COST: FREE

MENTAL HEALTH WEEK EVENTS - TOP END

OCT
11

TEMHCO - PUBLIC ART DISPLAY



WHERE: 3 Maluka Dr, Palmerston
WHEN: 11/10/2024 9:00am to 2pm
WHAT: Members celebration of creativity public art display. Come on down to TEMHCO centre to see the various types of artwork that expresses the stories and lived experience of TEMHCO members in celebration for mental health week.
COST: FREE

OCT
11

CARER PEER SUPPORT GROUP - MENTAL HEALTH WEEK



WHERE: Carers NT Office - Howard Springs
WHEN: 11/10/2024 10:00am to 12:00pm
WHAT: In-person peer support group celebrating carer strengths Open to registered carers.
COST: FREE

OCT
11

DECOLONISATION IN COMMUNITY MENTAL HEALTH

WHERE: Charles Darwin University - Building 6 Red Lecture Room 1.02-1.04
WHEN: 11/10/2024 10:00am to 12:30pm
WHAT: With a particular focus on implications for community mental health and wellbeing more generally, the morning introduction will explore the nature of modern societies contrasted with Indigenous perspectives and worldviews. Decolonial philosophies and practical decolonial actions that flow from these perspectives will also be considered along with potential emergent decolonial futures. Bookings essential, only some spaces left.
COST: FREE

OCT
11

CELEBRATING OUR STRENGTHS



WHERE: Unit 3/71 McMinn St, Darwin City
WHEN: 11/10/2024 10:00am to 12pm
WHAT: Our guest speaker, proud Noongar woman Rocket Bretherton, is a campaigner and advocate with deep subject matter expertise because of her own experience in the NT justice system. Rocket has been working since 2019 to raise public awareness of the failings of the justice system and is an expert advisor on a range of panels, advisory groups (including ermha365's Lived and Living Advisory Committee) and projects related to justice, mental health and disability.
COST: FREE

OCT
15

HEALING WITH HOOPS



WHERE: 3/43 Marjorie St, Pinelands
WHEN: 15/10/2024 4:00pm to 6:00pm
WHAT: Join Us for Healing With Hoops 4 Health! In celebration of Mental Health Week, Hoops 4 Health is hosting a Shoot-A-Thon! This free event for youth is all about building resilience, promoting mental health awareness, and empowering our community through healing-centred sports.
COST: FREE



NORTHERN TERRITORY
**MENTAL HEALTH
COALITION**

MENTAL HEALTH WEEK EVENTS - CENTRAL AUSTRALIA

The Mental Health Association of Central Australia (MHACA) is hosting a series of workshops designed to support community members' wellbeing.



MHACA
Mental Health
Association of
Central Australia

Each 1-hour workshop will take place from 12 pm to 1 pm, Monday 7 to Thursday 10 October, at the Stress Less Hub in Alice Plaza. This is a perfect opportunity to unwind during your lunch break.

SPOTS ARE LIMITED FOR EACH WORKSHOP. TO REGISTER SCAN QR CODE OR FOR MORE INFO EMAIL HEALTHPROMOTION@MHACA.ORG.AU



OCT
7

**MINDFUL MOVEMENT
WORKSHOP WITH BE.ME
MOVEMENT EDUCATION**

WHERE: Stress Less Hub, Alice Plaza
WHEN: 7/10/2024 12:00pm to 1pm
COST: FREE

OCT
8

**EXERCISE WITH
LUCINDA RECLINK
AUSTRALIA (NT)**

WHERE: Stress Less Hub, Alice Plaza
WHEN: 8/10/2024 12:00pm to 1pm
COST: FREE

OCT
9

**CLAY MAKING
WORKSHOP WITH THE
HEALING STUDIO**

WHERE: Stress Less Hub, Alice Plaza
WHEN: 9/10/2024 12:00pm to 1pm
COST: FREE

OCT
10

YOGA WITH FEDERICO

WHERE: Stress Less Hub, Alice Plaza
WHEN: 10/10/2024 12:00pm to 1pm
COST: FREE
BRING YOUR OWN MAT

OCT
11

STRESS LESS IN THE PLAZA

WHERE: Stress Less Hub, Alice Plaza
WHEN: 11/10/2024 10:00am to 1pm
COST: FREE
FREE COMMUNITY WELLBEING EVENT



**Mental Health
Week 2024**



**NORTHERN TERRITORY
MENTAL HEALTH
COALITION**