

# Mental Health Month

## Calendar of events

October 2024

### Let's talk about it



#### **Living Library Conversation Starter**

A free tool to guide group discussions. Download it today: [WayAhead.org.au/LivingLibrary](http://WayAhead.org.au/LivingLibrary)



#### **Living Library videos and stories**

Hear about the lived experience of others. See the videos at Bankstown and Campbelltown libraries.

October

1



#### **Five Ways to Wellbeing Schools Creative Project**

Winners will be announced today! To see the amazing artworks, [click here](#).

October

1 - 30



#### **Tackling the Challenge exhibition**

Men share their stories of resilience and recovery. See the exhibition at Ingleburn Library.

October

1



## Prayers and More mental health training

For community and faith leaders.  
Western Sydney MRC,  
Campbelltown, 10am to 1pm.  
Register [here](#).

October

9, 16,  
23, 30



## Men's health talks

Every Wednesday in October.  
Mittagong RSL Club, 6.30pm to  
7.30pm. Find out more [here](#).

October

10



## Youth Mental Health Month challenge

Bargo Sports Ground, 10am to  
1pm. To learn more, phone  
Wollondilly Council on 4677 9611.

October

11



## Accidental counselling for Arabic speakers

Training presented by STARTTS  
and Fairfield Health Alliance.  
17 Kenyon St, Fairfield, 10am to  
1pm. Register [now](#).

October

15



## Hope, connection and wellbeing: Forum for mental health carers

West's Leagues Club, Leumeah,  
9.30am to 3pm. [Book your ticket](#).

October  
**16**



## Mindfulness and resilience

For Arabic speaking families. Presented by the Transcultural Mental Health Centre and Fairfield Alliance. Meet at Rooms 1 and 2, Fairfield Council, 10am to 1pm. Register [here](#).

October  
**16**



## Mental Health Month Community Awareness Day

Miller Hub, 11am to 2pm. Phone Claudia on 0459 857 634.

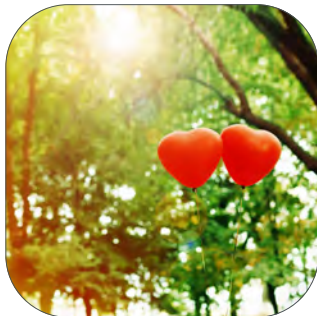
October  
**17, 23**



## Mental health care in Emergency Departments and beyond

A one-hour webinar. Join us online on either date. Register [now](#).

October  
**26**



## Hearts in the Park

Place a heart in Bowral's Corbett Gardens to remember a person who lost their life to suicide. From 10am. [Read more](#).

October  
**26**



## Men's Health walk and barbecue

A morning of exercise, chats and a barbecue breakfast. Lambeth Reserve, Bankstown, 10am to 12pm. [Join in](#).

October

30



## Claymore Community Event

Air brush tattoo, nail art, arts and crafts, painting and more. Claymore Youth Centre, 3pm to 5.30pm. [More information.](#)



## Other events in south west Sydney

Visit your local council website or [Lifeline Macarthur](#) calendar.



## Events outside of south west Sydney

For events across NSW, visit [WayAhead.org.au](http://WayAhead.org.au)

**MENTAL  
HEALTH  
MONTH  
OCTOBER**