

Mental Health Month

Calendar of events

October 2026

A Little Connection Goes a Long Way

Tackling the Challenge

Men's stories of resilience and recovery in south west Sydney

A research project between Western Sydney University and South Western Sydney Local Health District



Wayahead®

Mental Health Matters Awards - Finalist



Living Library Conversation Starter

A free tool to guide group discussions. Download it today. [Click here.](#)



Living Library videos and stories

Hear about the lived experience of people, carers and health and support workers. [Click here.](#)



Self care for frontline workers

Session 1 : Understanding Burnout

Thursday 17th September 2026, 4pm - 7pm

Session 2: What is Compassion Fatigue

Thursday 1st October 2026, 4pm - 7pm

Session 3: Unpacking Vicarious Trauma

Thursday 15th October 2026, 4pm - 7pm

Register [HERE](#)



Five Ways to Wellbeing Creative Students Project

Winning school and students will be announced on the [Growing Healthy Kids in South West Sydney website](#) in October!



Atrium of Hope and Care

Art showcase to encourage self care and care for others in mental health month and beyond at Wingecarribee Shire Council - Moss Vale in October. Reach out to [Community Links Wellbeing](#) to find out more.



Things I wish I knew: Creating Connection

Recruiting young people from 16 - 25 years for an arts and health project in the Bankstown area.

For more information email:

andi.andronicos@health.nsw.gov.au

October

8

10am - 1pm



Wellness Festival

Paul Keating Park, Bankstown

Free community event

- Information stalls
- Entertainment
- Sports demonstrations

For more information [click here](#).

October

14

10am -
12pm



NEW Liverpool Mental Health Network

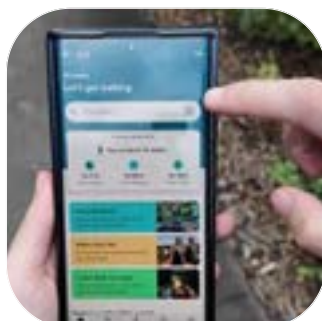
Workshop to establish new mental health network.

For more information email: andi.andronicos@health.nsw.gov.au

October

17

10am -
1pm



Local Walk App Launch

Join us as we officially launch the Local Walks App in Camden. The free app helps you find local walking routes, explore green spaces and discover attractions along the way. [Register here](#).

October

27

Rotolactor
Park,
Menangle



Move, Grow, Play

Explore local low-cost activities, meet community organisations, and find fun ways to support your child's physical development, confidence and wellbeing.

October

**28
AND
29**



Navigating the Mental Health Landscape: Young People Edition

Navigating mental health challenges can be overwhelming for young people, their families, educators and support networks. This free webinar will provide clear, practical information about accessing mental health care and support services across south western Sydney.

Session 1:

Wednesday October 28 2026,
10am-11am

[Register Here](#)

Session 2:

Thursday October 29 2026,
1-2pm.

[Register Here](#)

Important

Both sessions contain the same presentation and information. Please select the session that best suits your schedule, as attendance at both sessions is not required.

October

31

From
10am



Hearts in the Park

Place a heart in Moss Vale's Leighton Gardens to remember a person who lost their life to suicide. For more information reach out to [Southern Highlands Suicide Prevention Program](#).

**MENTAL
HEALTH
MONTH**
OCTOBER

Calendar of events

For events across NSW, visit
WayAhead.org.au

Free and on-demand webinars



BlackDog Institute

Expert-led workplace mental health training for businesses and not-for-profit organisations. Free courses to help you support your staff and their positive mental wellbeing at work.

[CLICK HERE](#)



ID Health education

E-learning for carers and families. Learn about mental health and intellectual disability. Hear about the signs and symptoms of mood and anxiety disorders, dementia, schizophrenia and other psychotic disorders.

[CLICK HERE](#)



Emerging Minds

Free webinars on topics related to infant and child mental health. Topics include supporting families after a natural disaster, infant and parent health in the first 12 months of life, and working with children who are being bullied or bullying others.

[CLICK HERE](#)



STARTTS

Access free and expert-led webinars to help people heal the scars of torture and refugee trauma. Topics include art therapy, family dynamics, post traumatic stress disorder, chronic pain and cultural considerations.

[CLICK HERE](#)



Allens training

A free course for anyone who wants to understand the mental health challenges of first responders. Find out how you can offer support to people who work on the front lines.

[CLICK HERE](#)



Be You

People who work in education can get the tools and resources to support the mental health and wellbeing of children and young people. Discover how you can create positive and inclusive learning spaces for your students.

[CLICK HERE](#)

Free and on-demand webinars



NSW Mental Health Carers

Interactive workshops designed and delivered by people who have a lived experience as a carer. Each session includes a Learner Toolkit with slides, helpful links and resources to support your caring role.

[CLICK HERE](#)



Headspace - Mental Health Education

Free to primary (Year 6) and high schools. In-person and online sessions to help students understand mental health, reduce the stigma and develop wellbeing strategies.

[CLICK HERE](#)



Triple P parenting courses

Free and online courses to support families from pregnancy to the primary school years. Support your children's mental wellbeing, manage tantrums and family and life changes.

[CLICK HERE](#)

The Mental Health Promotion Team would like to extend their heartfelt thanks to all partners for their invaluable support and collaboration throughout Mental Health Month. This year's theme, "A Little Connection Goes a Long Way," reminds us that even small moments of connection can have a meaningful impact on our mental health and wellbeing. Throughout October, organisations and community groups across South Western Sydney are coming together to create opportunities for people to connect, start conversations, strengthen relationships, and support one another.

The calendar provides a snapshot of the many activities and events taking place across the district during Mental Health Month. Together, our partners have created a diverse program of activities that encourage community members to get involved, build connections, learn about mental wellbeing, and help reduce the stigma associated with mental ill health. Every conversation, shared experience, and act of support contributes to a more connected and compassionate community.

The Mental Health Promotion Team is truly grateful for the ongoing commitment, creativity, and passion of all partners. We look forward to continuing to work together to strengthen wellbeing and create a healthier, more supportive South Western Sydney for everyone.



You can contact the Mental Wellbeing team at SWSLHD-Wellbeing@health.nsw.gov.au