



HEALTHY MIND MENU IS AN INDUSTRY-LED INITIATIVE THAT RECOGNISES A KEY INGREDIENT IN HOSPITALITY IS ITS PEOPLE.

WE STRIVE TO IMPROVE THE LIVES AND NORMALISE CONVERSATIONS AROUND MENTAL HEALTH FOR THOSE WORKING IN WA'S HOSPITALITY INDUSTRY.

WE CONTRIBUTE TO THE COMMUNITY BY CARING FOR THE INDUSTRY, PROVIDING EDUCATIONAL TRAINING, AND BUILDING COMRADERIE AMONGST HOSPITALITY WORKERS.

BACK OF HOUSE, FRONT OF MIND

Back of House, Front of Mind is a podcast presented by Healthy Mind Menu, an industry-led initiative that aims to improve lives and normalise conversations around mental health for those working in the hospitality industry.

In each episode, we'll be diving into different topics related to mental health and chatting with experts and friends in the industry. Hear from guests including Psychologist Chris Harris, Chef/ Yoga Teacher Scott Alfonso, and Anneke Brown Deputy Chair/ Women in Tourism & Hospitality WA, to name a few!

New episodes released every fortnight on Apple Podcasts and Spotify. Don't forget to like and share with your local Hospo Fam.

LISTEN NOW >



CONNECT WITH US

WEB: healthymindmenu.org.au
FACEBOOK: [/healthymindmenuau](https://www.facebook.com/healthymindmenuau)
INSTAGRAM: [@healthymindmenu](https://www.instagram.com/healthymindmenu)
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“WE’RE PUTTING MENTAL HEALTH ON THE MENU!”



MEMBERSHIP + ACCREDITATION

Healthy Mind Menu offers a simple pathway for hospitality venues to create mentally healthy workplaces.

Our membership provides practical tools, training and resources designed specifically for the unique pressures of the industry.

WHAT'S INCLUDED IN MEMBERSHIP

Accreditation Pathway

Certification for venues through the Healthy Mind Menu Accreditation Framework.

Online Courses

Healthy Mind Menu Pyramid + Leadership for Wellbeing in Hospitality

Access to Resources

Toolkits, workshops, wellbeing campaigns and monthly updates.

Staff Development

Opportunities to build mentally healthy teams and confident leaders.

Support & Guidance

Connection with our coordinator plus an expanding library of tools.

FREE EMPLOYER DIGITAL TOOLKIT

A practical way for employers to support staff for all hospitality venues that includes:

- Conversation scripts
- Checklists for mentally healthy workplaces
- Printable wellbeing resources
- Crisis support contacts
- Tip sheets for stress, fatigue and burnout

FREE STARTER PACKS

Designed to spark small, everyday wellbeing actions in busy environments these physical packs delivered to your venue include:

- Posters for staff rooms
- Wellbeing tip cards
- QR codes to free resources
- Support cards with quick mental health reminders



LEARN MORE

Scan the QR code or visit healthymindmenu.org.au to explore membership, free resources and upcoming training opportunities.

PROMOTE MENTAL HEALTH & WELLBEING IN YOUR VENUE

“A Healthy Hospitality Industry is a Healthy Community”



ONLINE COURSES

Healthy Mind Menu Pyramid

Perfect for inductions, the Healthy Mind Menu Pyramid introduces workers to simple wellbeing habits from day one.

Leadership for Wellbeing

Created with Edith Cowan University specifically for hospitality leaders, this course addresses the unique pressures of the industry and builds capability in team wellbeing, psychological safety, and effective support strategies.

MENTAL HEALTH WELLBEING WORKSHOPS

We provide evidence-based workshops tailored to the unique needs of hospitality venues. Our mental health training workshops provide hospitality workers with information and practical tips to apply in their lives and daily habits while improving their mental health literacy.

Find out more information on our website.