

MEDIA RELEASE

WA hospitality venues join forces to tackle worker burnout

18/05/2026

FAST FACTS

<ul style="list-style-type: none">• One in three hospitality workers suffer high psychological distress - triple the national average
<ul style="list-style-type: none">• Burnout rates in hospitality are higher than those in nursing
<ul style="list-style-type: none">• Self-harm and suicide rates are higher in hospitality than many other industries
More than 105,000 people work in WA's hospitality sector

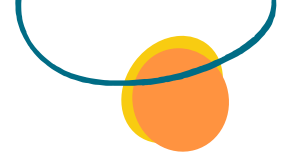
Western Australian hospitality charity, Healthy Mind Menu (HMM), will today launch a new program designed to put mental health at the top of the list and prevent employee burnout in the industry.

This is a further step in building a strong foundation for the uptake of HMM's free resources, workshops, and training designed to answer a key question the industry has been asking for a while: how do we actually put mental wellbeing into practice in our workplaces?

Today's launch is expected to attract dozens of Western Australian hospitality and tourism venues and operators, many of which are likely to sign up and back the industry's growing push toward mentally healthier workplaces.

The new **Membership and Recognition Program** gives venues, leaders, and teams a clear, practical way to move beyond awareness and start embedding real support into everyday operations.





Healthy Mind Menu is a Perth-based registered charity working to prevent mental illness and support wellbeing in an industry known for long hours, pressure, and high burnout rates.

“We’ve seen incredible engagement with our resources, but the consistent feedback has been: what does this actually look like in practice?” said Wayne Teo, co-founder and chairperson of Healthy Mind Menu.

“This program is about giving venues a clear path forward. Not just learning about mental health but taking action and being recognised for it.”

The Healthy Mind Menu Membership gives individuals and venues access to:

- Practical tools and mental health resources
- Workshops, training, and ongoing support
- Frameworks to help implement wellbeing strategies
- A community of people committed to change

Alongside this, the Membership Program recognizes workplaces that are actively prioritising mental health, positioning them as leaders in an industry that is rapidly evolving.

The program is supported by evidence-based frameworks, including the Healthy Mind Pyramid, developed by psychologist and HMM Co-Founder Chris Harris.

Interview and Vision Opportunities:

WHAT: HMM Membership and Recognition Launch

WHERE: Level 1, Lobby – Novatel Perth Murray Street

WHEN: Monday May 18, 10am

WHO: Wayne Teo – Healthy Mind Menu Founder and Chair, Bradley Woods - CEO AHA, Jai McNaughton - HR Manager Accor Group, Paisley Fogarty - Healthy Mind Menu
Blaze Young – WA Chef

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