



Healthy Mind Menu April Update | 2026

 healthymindmenu.au

 Back of House, Front of Mind Podcast

 @healthymindmenu



Exciting News

We're building momentum across Western Australia and beyond.

Healthy Mind Menu is continuing to grow as a practical, industry-led response to mental health in hospitality.

In April's issue we are actively accepting donations through Containers for Change.

Our membership launch and venue accreditation is launching on 18 May.

New partnerships, programs, and regional opportunities are underway.

What's Happening

Programs & Training

Healthy Mind Pyramid Course

The Healthy Mind Pyramid Course will soon become a paid program, access it free while it's still available. This course will remain free through our Membership programs.

Wellbeing for Hospitality Leaders Online Course

We have had over 100 participants across major organisations including Crown, Accor, Lion, Compass Group + more. These programs continue to support leaders to create safer, more supportive workplaces.

REGIONAL ROADSHOW COMING!

Healthy Mind Menu is coming to the following regions in 2026!

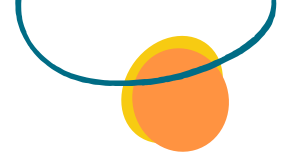
We are running free workshops in these locations:

Albany - Tues 16th June (10am - 12pm)

Geraldton - Mon 27th July (10am - 12pm)

Busselton - Mon 10th August (10am - 12pm)

Express Your Interest: <https://forms.gle/p7wNTZZKbBF2Y6zo7>



Podcast: Back of House, Front of Mind

Check out our latest episodes on Spotify: <https://open.spotify.com/show/7HBPMaVfiszzeQN6Mw0MJ5s?si=Ug0XHhYOTISP62AHbOcUYw>

Free Resources

Over 40 Starter Packs have already been distributed, with strong and growing interest in our Digital Employer Toolkit.

Access these resources here:

[Healthy Mind Menu Employer Resources](#) | [Healthy Mind Menu](#)

Industry Survey

We've recently launched a new survey exploring:

- workforce pressures
- rising costs
- wellbeing impacts

Take this quick survey now: <https://forms.gle/Qj8Jc8cuKp96hjps8>

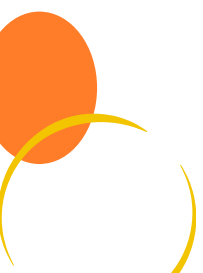
👉 Insights will directly inform future programs and advocacy and we can't wait to share these results with you over coming months.

Partnerships

New partnerships are currently in development with Food Peeps and other Food Distribution networks as well as new Healthy Mind Menu Ambassadors.

You can access the Foodpeeps Mental Health and Wellbeing Community here:

[Communities](#) | [foodPEEPS](#)



Dates to Remember

18 May – Membership Launch Event @ Novotel Perth:

[Building Mentally Healthy Hospitality Workplaces Healthy Mind Menu Membership Launch](#)

30 June – 1 July – AHA Hospitality Expo:

[2026 Hospitality Expo - Australian Hotels Association \(WA\)](#)

4–5 July – Prepare Produce Provide Showcase:

[Prepare Produce Provide | Join Our Food Education Initiatives](#)

26 October – Annual Fundraising Dinner SAVE THE DATE:

[HMM Annual Fundraising Dinner | Healthy Mind Menu](#)

Get Involved

There are many ways to support Healthy Mind Menu:

- [Join as a member](#)
- [Attend a workshop or event](#)
- Donate via [Containers for Change](#)
- [Partner with us or sponsor a program](#)
- [Donate](#) Online

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