



Healthy Mind Menu May Update | 2026

 healthymindmenu.au

 Back of House, Front of Mind Podcast

 @healthymindmenu





Exciting News

Healthy Mind Menu continues to build momentum across Western Australia as more hospitality leaders, venues, and industry supporters join the movement toward mentally healthier workplaces.

May marked a significant milestone for Healthy Mind Menu with the official launch of our Membership & Recognition Program, the welcoming of our very first members, and statewide media coverage on Channel 7 News helping raise awareness around burnout, mental health, and wellbeing within hospitality.

As we continue to grow, we're excited to keep building partnerships, expanding resources, supporting venues, and creating practical initiatives designed specifically for the realities of hospitality.

What's Happening

Programs & Training

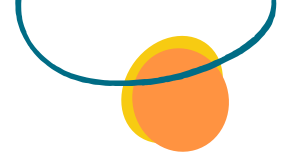
Become a Founding Member

Become a Founding Member and receive unlimited Healthy Mind Pyramid course credits plus a complimentary face-to-face Mental Health & Wellbeing Workshop for your team, helping you build a healthier, more supportive hospitality workplace.

JOIN HERE: <https://healthymindmenu.org.au/membership/>

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.



Regional Roadshow

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

We are running workshops in these locations:

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

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

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

BOOK ONLINE NOW: [Regional Roadshow](#)

Podcast: Back of House, Front of Mind

Check out our latest episodes on Spotify: <https://open.spotify.com/show/7HBPMAvfiuzeQN6Mw0MJ5s?si=Ug0XHhYOTISP62AHbOcUYw>

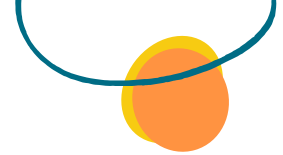
Free Resources

Over 80 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](#)





Key Findings From our Hospitality Wellbeing Survey

Our recent Healthy Mind Menu survey highlighted growing concerns around mental health, workplace pressure, and sustainability across the hospitality industry.

Key Insights:

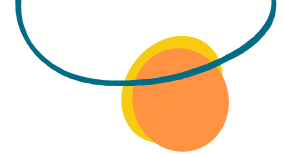
- Over 75% of respondents reported increased stress levels compared to this time last year.
- Almost all participants reported increased workplace pressures including staff shortages, turnover, workload demands, and financial stress.
- Cost of living pressures had a significant impact on wellbeing, with respondents rating the impact an average of 3.9 out of 5.
- Many hospitality workers reported taking on extra shifts, considering leaving the industry, changing jobs, or reducing personal spending due to financial pressures.
- Only a portion of workplaces were reported to provide mental health support, with many respondents either lacking access to support or unsure what support was available.
- More than half of respondents had never accessed mental health or wellbeing support before.

Common Challenges Identified

Participants frequently highlighted:

- staff shortages and burnout
- inconsistent trade and reduced hours
- financial pressures on both businesses and workers
- long hours and physical exhaustion
- emotional strain and lack of support
- difficulty maintaining work-life balance





What Workers Said Would Help

Respondents identified several priorities including:

- stronger workplace wellbeing support
- better understanding and communication from management
- more sustainable staffing levels
- increased wages and financial support
- industry recognition and practical mental health initiatives

These findings reinforce the importance of creating proactive, industry specific wellbeing supports and healthier workplace cultures across hospitality.

What's Coming Up

Sunday 14 June - Albany Event:

[Stress Less: Keeping Your Cool In Customer-Facing Roles](#)

30 June – 1 July – AHA Hospitality Expo:

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

2 July – Prepare Produce Provide Showcase:

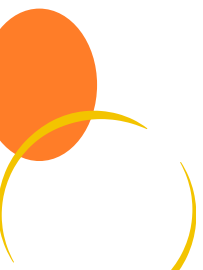
[Prepare Produce Provide | Join Our Food Education Initiatives](#)

3 July - WA Beer + Brewing Conference:

[WA Beer & Brewing Conference 2026 Tickets, Friday, July 3 • 8 AM - 5 PM](#)

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](#)

Email: coordinator@healthymindmenu.org.au

www.healthymindmenu.org.au