



Healthy Mind Menu JUNE Update | 2026



healthymindmenu.au

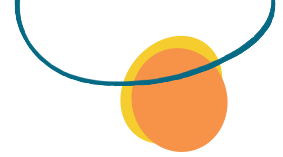


Back of House, Front of Mind Podcast



@healthymindmenu





Exciting News



June marked an exciting milestone as we officially launched our Regional Roadshow in Albany with two workshops, bringing mental health and wellbeing conversations directly to hospitality and tourism communities across Western Australia.

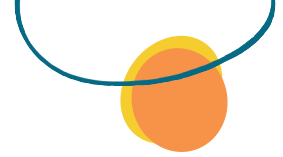
Connecting with Industry

We also attended the AHA Hospitality Expo, connecting with venue owners, managers and industry professionals from across Western Australia. The expo provided a valuable opportunity to share Healthy Mind Menu resources and promote our growing promote practical workplace wellbeing initiatives. Thank you to everyone who stopped by our stand to say hello.

June by the Numbers

2 x Regional workshops delivered
140+ Mental Health Starter Packs distributed
2 x Regional communities reached
Meaningful conversations at the AHA Hospitality Expo





Looking Ahead

We're excited to continue our Regional Roadshow in Geraldton and Busselton in the coming months and expand our resources with some exciting things in the pipeline including growing our team!

Thank you to our members, partners, venues and supporters for helping create healthier hospitality communities across Western Australia.



MHFA Workshop: 5 + 6 August 2026

This course will equip you with the skills and confidence to support a teammate, friend, or customer who may be struggling with their mental health. You'll learn how to approach, listen, communicate, and provide assistance the right way—practical skills that translate into your everyday life.

[CLICK HERE TO REGISTER](#)

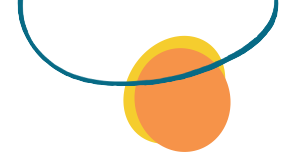
For more info www.healthymindmenu.org.au/mhfa/

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

Final week to access The Healthy Mind Pyramid Course for free. This will become a paid program, but will remain free through our Membership programs.

All those who have current logins will still be able to access this course for free.

Podcast: Back of House, Front of Mind

Check out our latest episodes on Spotify:

<https://open.spotify.com/show/7HBPMAvfiszzeQN6Mw0MJ5s?si=Ug0XHHyOTISP62AHbOcUYw>



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

Regional Roadshow

Geraldton

Mental Health + Wellbeing Workshop: Mon 27th July (10am - 12pm)

Busselton

Recharge + Thrive for Hospitality Workers: Mon 24th August (9am - 1pm)

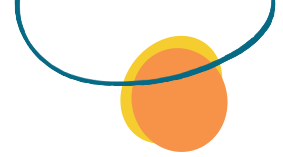
Healthy Hospitality For Leaders + Managers: Monday 24th August (2pm - 4.30pm)

BOOK ONLINE NOW: [Regional Roadshow](#) | [Healthy Mind Menu](#)

26 October – Annual Fundraising Dinner

SAVE THE DATE: [HMM Annual Fundraising Dinner](#) | [Healthy Mind Menu](#)
TICKETS GO ON SALE LATER THIS MONTH





GET INVOLVED

There are many ways to support Healthy Mind Menu:

- ✓ Join as a member: [Membership | Healthy Mind Menu](#)
- ✓ Attend a workshop or event: [TRAINING | Healthy Mind Menu](#)
- ✓ Donate via Containers for Change: [Containers for Change: Raise Money for Our Community | Healthy Mind Menu](#)
- ✓ Get Involved for Mental Health Month - October 2026: [Mental Health Month – October | Healthy Mind Menu](#)
- ✓ Donate Online: [DONATE | Healthy Mind Menu](#)

Email: coordinator@healthymindmenu.org.au
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