

Healthy Mind Menu July Update | 2026



healthymindmenu.au

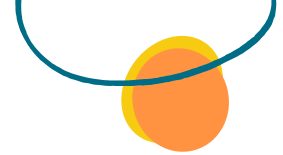


Back of House, Front of Mind Podcast



@healthymindmenu





This Month's Roundup

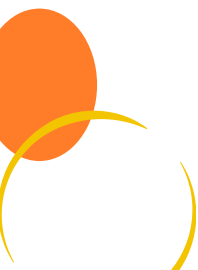


Our Healthy Mind Menu Mid West Roadshow has been all about connecting with the hospitality community and sharing practical mental health and wellbeing strategies.

A huge thank you to our supporting partner The City of Greater Geraldton, The Lobster Shack Cervantes for your incredible hospitality and to ibis Styles Geraldton (Accor) for your warm welcome and support throughout our stay.

It was fantastic to meet so many passionate venue owners and managers in Geraldton at our Creating Mentally Healthy Venues workshop. Your commitment to supporting your teams and strengthening workplace culture is inspiring.

We also had the opportunity to speak with students at Geraldton TAFE, where we met with apprentice chefs to talk about mental health, resilience and the importance of looking after ourselves and each other from the very beginning of our careers.

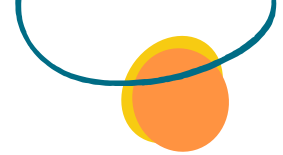


Connecting with Industry

Earlier this month, Healthy Mind Menu had the opportunity to connect with hospitality professionals and the next generation of industry leaders at two fantastic events across Western Australia. We attended the Prepare Produce Provide WA Secondary Schools Bush Foods Competition at Bentley TAFE, where we spoke with hospitality apprentices about the importance of mental health, wellbeing and creating sustainable careers in hospitality.

We also joined the WA Beer & Brewing Conference, connecting with venue owners, brewers and industry professionals to share practical strategies for building mentally healthy workplaces. Thank you to everyone who stopped by to chat, share their experiences and support the conversation around wellbeing in hospitality.





June by the Numbers

- 1 x Regional workshop delivered
- 1 x Perth metro workshop delivered
- 50+ Mental Health Starter Packs distributed
- Meaningful conversations with 35 hospitality apprentices and hundreds of industry professionals

Looking Ahead

We're excited to continue our Regional Roadshow in Busselton in August and expand our resources with some exciting things coming up for Mental Health Month!

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

What's Happening

Programs & Training

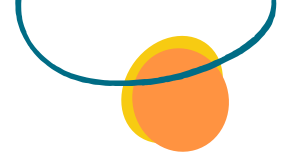
Mental Health Month: October

This October, make wellbeing part of your workplace. Our Breakroom Activation Kits for Mental Health Month make it easy to spark meaningful conversations, engage your team and create a more supportive workplace.

You can also partner with us to raise awareness and funds to support the mental health and wellbeing of WA hospitality workers. Every dollar raised helps us develop practical online programs and resources, and expand our reach to support more venue's like yours. With so many ways to get involved, there's an opportunity for every workplace to make a difference.

GET INVOLVED: [Mental Health Month – October](#)





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

This course remains free to all members with membership starting at \$1/week! 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/7HBPMAvfiszeQN6Mw0MJ5s?si=Ug0XHhYOTISP62AHbOcUYw>

What's Coming Up

Regional Roadshow

Busselton

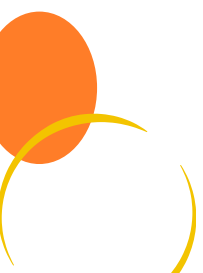
Recharge + Thrive for Hospitality Workers: Monday 24th August (9am - 1pm)

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

BOOK ONLINE NOW: <https://healthymindmenu.org.au/regional-roadshow/>

26 October – Annual Fundraising Dinner

SAVE THE DATE: <https://healthymindmenu.org.au/hmm-annual-fundraising-dinner/>
TICKETS GO ON SALE 10 AUGUST



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