

Healthy Mind Menu August Update | 2026



healthymindmenu.au



Back of House, Front of Mind Podcast



@healthymindmenu



This Month's Roundup



This month...

Healthy Mind Menu delivered two Busselton Regional Roadshow sessions, engaging both frontline hospitality workers and industry leaders. Recharge & Thrive provided practical strategies for managing stress, fatigue and wellbeing, while Healthy Hospitality Leadership focused on psychosocial hazards, supportive conversations and building mentally healthy workplace cultures. Together, the sessions strengthened Healthy Mind Menu's regional presence and engagement with the South West hospitality and tourism sector.

We attended the WA Mental Health Conference 2026, hearing important conversations about mental health at work, leadership and the role organisations can play in creating healthier workplace cultures.

We also presented at the WA Distillers Guild Conference featuring industry discussions and the opportunity to network within this sector.

Connecting with The Next Generation

We had the opportunity to connect with the next generation of hospitality professionals through engagement with students at Margaret River Regional TAFE and South Metropolitan TAFE Careers Day. These important discussions allowed us to introduce students to Healthy Mind Menu, start conversations about mental health and wellbeing early in their careers, and share practical resources and support to help them build healthy, sustainable careers in hospitality.

August by the Numbers

2 x Regional workshop delivered
1 x Perth metro workshop delivered
50+ Mental Health Starter Packs distributed
Meaningful conversations with 60 hospitality apprentices



Looking Ahead: Mental Health Month 2026

This October, make wellbeing part of your workplace. Healthy Mind Menu is offering 50 FREE Mental Health Month Breakroom Activation Kits to hospitality venues and tourism businesses across WA. The kits make it easy to spark meaningful conversations, engage your team and create a more supportive workplace without taking valuable time away from service. There are only 50 available, so register your interest now to secure yours.

You can also get involved by fundraising with Healthy Mind Menu this Mental Health Month. Whether it's a workplace activity, team fundraiser or your own creative idea, every contribution helps us continue supporting better mental health and wellbeing across the hospitality industry.

Get involved:

Get your FREE Activation Kit →

https://docs.google.com/forms/d/e/1FAIpQLScyyu4mgPhetVRXbuLYatMyoNgP8NOzkkn-4XMcr-u85d6PVw/viewform?usp=send_form

Fundraise with us → [Mental Health Month – October](#) | [Healthy Mind Menu](#)

**PROGRAMS
& TRAINING**



Mental Health First Aid 19 + 20 October

Attend our last MHFA course for 2026 equipping hospitality workers and leaders with practical skills to recognise, respond to and support someone experiencing mental health challenges.

Join the Foundation 50

Help set a new standard for wellbeing in hospitality.

We're inviting just 50 hospitality and tourism workplaces to become the founding members of Healthy Mind Menu's workplace membership community in 2027. Foundation 50 members will be recognised as early supporters helping strengthen mental health and wellbeing across the industry, with Founding Member recognition, priority access, connection to the Foundation 50 community and a voice in shaping our future.

Foundation Member Offer:

Entrée \$1,250 first year (normally \$1,500) | Mains \$2,995 first year (normally \$3,500).

Be one of the Foundation 50 →

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

Podcast: Back of House, Front of Mind

Check out our latest episodes on Spotify:

<https://open.spotify.com/show/7HBPMavfiszeQN6Mw0MJ5s?si=Ug0XHhYOTISP62AHbOcUYw>





26 October – Annual Fundraising Dinner

OVER 50% SOLD TICKETS SELLING FAST!

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

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](#)

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