

Healthy Mind Menu September Update | 2026



healthymindmenu.au

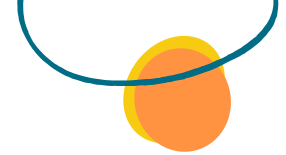


Back of House, Front of Mind Podcast



@healthymindmenu





This Month's Roundup

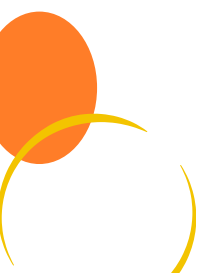


September has been a big month for Healthy Mind Menu as we connected with industry, prepared for Mental Health Month and continued building practical ways to support healthier hospitality workplaces.

We loved catching up with the teams at Novotel Perth Murray Street and Crowne Plaza Perth for R U OK? Day, creating space for important conversations around mental health, connection and looking out for one another.

We've also been busy getting ready for Mental Health Month, with 50 Mental Health Activation Kits being distributed across hospitality venues throughout WA, alongside 15 fundraising supporters helping us raise awareness and funds for our work.

We can't wait for our 6th Annual Plating for a Purpose Fundraising Dinner at The Ritz-Carlton, Perth. A huge thank you to our generous beverage sponsors United Cellars and Good Drinks for helping us make this year's event possible. There's only a few seats left so be quick!



Healthy Mind Menu Awarded New WorkSafe Funding

We're also excited to announce that Healthy Mind Menu has received WorkSafe funding to support work focused on psychosocial hazards in hospitality workplaces. As part of the project, we'll be speaking directly with industry to help shape practical resources and support.

Read the media release here: <https://www.wa.gov.au/government/media-statements/Cook%20Labor%20Government/Grants-support-safer%2C-mentally-healthy-workplaces-across-WA-20260930>

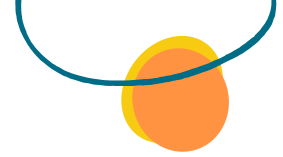
Interested in taking part in one of our roundtable focus groups?

Email coordinator@healthymindmenu.org.au to express your interest.

This initiative is supported by the Cook Labor Government of Western Australia through the Mentally Healthy Workplaces Grant Program, administered by the WorkSafe Group of the Department of Local Government, Industry Regulation and Safety, in collaboration with the Mental Health Commission.

September by the Numbers

- 1 x Perth metro presentations delivered
- 50+ Mental Health Starter Packs distributed



We're In. Are You?

This year for Mental Health Month October we're asking hospitality venues, teams and leaders across WA: What's on your menu for mental health this month?

At Healthy Mind Menu, we're creating healthier conversations across hospitality making mental health something we can talk about openly, practically and regularly.

Throughout October, venues across WA are getting involved by:

- starting conversations with their teams
- sharing mental health resources
- creating moments of connection in the workplace
- fundraising to support mentally healthy hospitality
- putting mental health firmly on the menu

Because a healthier hospitality industry starts with all of us.

So whether you're a café, restaurant, hotel, bar or hospitality team...

We're IN. Are you?

Find out how to get involved in Mental Health Month:

<https://healthymindmenu.org.au/mental-health-month/>

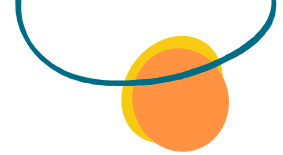
What's Happening

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

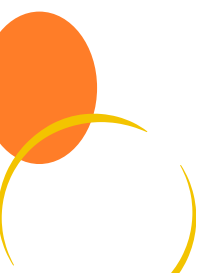
Check out our latest episodes on Spotify: <https://open.spotify.com/show/7HBPMAvfiszeQN6Mw0MJ5s?si=Ug0XHhYOTISP62AHbOcUYw>

26 October – Annual Fundraising Dinner

OVER 80% SOLD TICKETS SELLING FAST!

BOOK NOW:

[HMM Annual Fundraising Dinner](#)



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