HEALTHY MIND MENU

Healthy Mind Menu October Update | 2026

healthymindmenu.au

Back of House, Front of Mind Podcast

@healthymindmenu

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This Month's Roundup



What a BIG month October has been for Healthy Mind Menu!

From celebrating Mental Health Month with 16 participating venues across WA, to hitting the road in Busselton, delivering a workplace mental health presentation at ibis Perth Murray Street and hosting a Mental Health First Aid (MHFA) workshop, it's been a month full of connection, conversations and action!

We also celebrated our 6th Annual Fundraising Dinner, bringing our community together for an incredible evening and raising $103,000 to support our mission.

A huge thank you to everyone who has supported us this month as we continue putting mental health back on the menu! 🧡

HEALTHY MIND MENU

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6th Annual Plating for a Purpose Fundraising Dinner

Our 6th Annual Plating for a Purpose Fundraising Dinner was filled with incredible food, generosity, connection and a shared commitment to putting mental health back on the menu.

From our talented chefs and apprentices to the amazing guests, sponsors and supporters who helped us raise $103,000, every moment contributed to something truly special.

We're excited to share the official video highlights from the evening, capturing some of the memorable moments that made this year's event such a success!
Watch the highlights here: https://www.youtube.com/watch?v=rwq2l9sRkxE

Thank you once again to everyone who made the night possible. Here's to continuing to make a difference for mental health across WA's hospitality and tourism industries!

October by the Numbers

1 x Perth metro presentation delivered
1 x Mental Health First Aid workshop delivered
16 x Mental Health Month participating venue's
1 x Busselton Mental Health Month Activation
50+ Mental Health Month Activation Kits distributed





End of Year Sundowner

We'd love you to join us for our Healthy Mind Menu End of Year Sundowner on Monday 16 November at Pirate Life Perth!

Come along for an afternoon of connection, celebration and conversation as we thank our incredible hospitality community and reflect on the year. It's free to attend, with your first drink and nibbles on us!
Register here: Healthy Mind Menu End of Year Sundowner

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.

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

NEW EPISODES COMING SOON!

Check out our latest episodes on Spotify:
https://open.spotify.com/show/7HBPMAvfiszeQN6Mw0MJ5s?si=Ug0XHhYOTlSP62AHbOcUYw

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

✔️ **Donate Online:** DONATE | Healthy Mind Menu

Email: coordinator@healthymindmenu.org.au

www.healthymindmenu.org.au