

# WORLD MENTAL HEALTH DAY



TAKE A MOMENT OUT OF YOUR  
DAY TO ENJOY LIVE MUSIC  
BY THE AIR FORCE BAND  
AND CHAT TO LOCAL MENTAL  
HEALTH SUPPORT SERVICES.



**LIVE MUSIC!  
TUESDAY  
10 OCTOBER  
11AM-2PM**

**TOWN SQUARE  
BRINDABELLA  
BUSINESS PARK**

**REDUCING STIGMA,  
ENCOURAGING PEOPLE TO  
SEEK HELP, IMPROVE THEIR  
LIVES AND PROMOTE HOPE,  
STRENGTH AND RECOVERY.**

# STALLHOLDERS

TUESDAY 10 OCTOBER  
11AM-2PM | TOWN SQUARE  
BRINDABELLA BUSINESS PARK

## Communities @Work

### COMMUNITIES@WORK

Communities@Work is a broad-based social enterprise that has served the ACT community for over 40 years.

As leaders in early education and care, we apply our revenues to 'do good', providing food, accommodation, clothing and education to Canberra's most vulnerable and disadvantaged. We also offer essential services for seniors and people with a disability. We aim to build a resilient and socially inclusive community that cares for the well-being of all. We gratefully accept donations of non-perishable foods and quality clothing.


 [commsatwork.org](http://commsatwork.org)  
 6293 6500



### MENSLINK

Menslink has supported young men in the Canberra region for over 15 years through free counselling, volunteer mentoring and education programs.

In that time we have helped thousands of young guys get through tough or lonely times with the least amount of pain or harm to themselves or those around them. We help young blokes reach their full potential and become the great adult men they want to be, because we believe everything is possible for them, their families, their mates and our community. All services are free to young guys and their families.

 [menslink.org.au](http://menslink.org.au)  
 02 6287 2226



### OZHELP

Ozhelp focuses its efforts on workplaces and promotes the concept of incorporating Mental Health and Wellness as a crucial part of overall Health and wellbeing.

We support an average of 34,000 workers annually by providing flexible and proactive mental health coaching, early interventions, mental and physical health screening and training. Along with our evidence-based face-face programs we have recently introduced web-based mental and physical health screening programs. With this innovation comes the opportunity to engage with any workplace anywhere in Australia.

 [ozhelp.org.au](http://ozhelp.org.au)  
 1300 694 357



### MENTAL ILLNESS EDUCATION ACT (MIEACT)

MIEACT is a volunteer-led organisation that goes into workplaces, schools and the community to share our stories of what it means to have a mental illness or to be a carer for someone with a mental health problem.

MIEACTs work is crucial in raising awareness, reducing stigma and encouraging people to reach out for help. Recovery focused, sharing the challenges of mental illness and how we get help and stay well, MIEACT provides innovative and authentic mental health education into workplaces and schools.

 [mieact.org.au](http://mieact.org.au)  
 02 6257 1195



### NEXT STEP

Next Step provides free confidential support to help you tackle day-to-day pressures.

Canberrans experiencing symptoms of a mild to moderate mental health condition, can access free primary mental health support through the 'Next Step' mental health program. The Next Step program that provides free early intervention coaching service for people experiencing mild to moderate depression and anxiety.

You can connect with this service through a referral from your GPs and other health professionals or call:

 [wcs.org.au](http://wcs.org.au)  
 6287 8066



### THE WAY BACK SUPPORT SERVICE

The Way Back Support Service is available to support people in the first few months following a suicide attempt.

Referrals to this service are made by a clinical team at the The Canberra Hospital or Calvary Public Hospital Bruce. According to your needs, we assist by; providing encouragement and support in the first few months following your attendance at hospital; helping you follow your hospital discharge and safety plan supporting you to connect with your GP and other services that may help you in your journey to recovery.

 1800 929 222

## VOLUNTEERING and CONTACT ACT

### VOLUNTEERING AND CONTACT ACT (VCA)

VCA wishes to celebrate World Mental Health day by acknowledging the importance of mental health awareness and advocacy.

We aim to reduce the stigma associated with mental illness, increase social inclusion, increase positive self-perception and encourage community connection and engagement for those experiencing mental health issues. We drive and influence policy, and advocate for our members and stakeholders as part of a national network – an active link between people, organisations and government.

 [vc-act.org.au](http://vc-act.org.au)  
 6248 7988

### NEED URGENT ASSISTANCE?

Dial 000 or go to a hospital emergency department.

CRISIS AND ASSESSMENT TEAM (CATT)

 1800 629 354

MENTAL HEALTH LINE (24 HOURS)

 1800 011 511

LIFELINE (24 HOURS)

 13 11 14

MENS HELPLINE

 1300 78 99 78

SUICIDE CALL BACK SERVICE (24 HOURS)

 1300 659 467