



Mind  
Your  
Health

Mental Health Week

7th-13th October  
2018



Government  
of South Australia

SA Health



Mental Health Coalition  
OF SOUTH AUSTRALIA



## Metro Events Program

### LUNCH IN THE SQUARE

**Monday 8 October**

**11am-2pm**

*Tarndanyangga/Victoria Square, Adelaide*

To launch Mental Health Week we will be hosting lunch in Victoria Square with activities, arts and craft, food trucks, yard games and music! Everyone is invited to take a mental health break over lunch and celebrate the start of Mental Health Week. Bring your picnic rugs!

### FROM THE GROUND UP

**Tuesday 9 October**

**7.30am-10am**

*Civil Contractors Federation*

*1 South Road, Thebarton*

Register via [safework.sa.gov.au](http://safework.sa.gov.au)

In partnership with ReturnToWorkSA and SafeWork SA this one is for the tradies. Join us for a free breakfast forum if you work in the construction industry and are curious about developing a mentally healthy workplace. Hear from Outside the Locker Room's Jake Edwards, MATES in Construction and Sharpen Your Tools about how to create a supportive work site and what services are available to you.

### MHCSA LIVED EXPERIENCE AWARDS

**Monday 8 October**

*Victoria Square, Adelaide*

To honour the incredible lived experience work undertaken in the mental health sector the MHCSA has launched the Lived Experience Awards. These awards recognise the contribution of those with a lived experience of mental illness to the community mental health sector within the MHCSA membership. Winners will be announced at Lunch in the Square.

### CARNIVAL IN THE NORTH

**Wednesday 10 October**

**10am-1pm**

*Playford Civic Centre*

Carnival in the North is a free event held annually in October as part of Mental Health Week. This event showcases the skills and talents of people living with a mental illness as well as providing information and activities to raise community awareness of issues related to mental illness. Carnival in the North brings together community members and service providers from throughout the region in a day of fun and friendship to encourage the whole community to celebrate good mental health. This year the theme is "Be a Good Sport – Move for Mental Health".

*Mental Health Week events are held throughout the state and are run by local communities and organisations. For information on what's happening in your local area, including rural events, please visit our events calendar at [www.mhcsa.org.au](http://www.mhcsa.org.au).*

## LAUGHTER IS THE BEST OF MEDS COMEDY NIGHT

Thursday 11 October  
7pm-9pm

Rhino Room, Pirie Street

Tickets available at [mhcsa.org.au](http://mhcsa.org.au)

They say laughter is the best medicine, and this Mental Health Week we're testing the tummy muscles with plenty of laughs! Join us at the Rhino Room for some Thursday night comedy with some of Adelaide's leading and emerging comedians. What better way to spend your Thursday night! Head to [mhcsa.org.au](http://mhcsa.org.au) for the full lineup and to grab your tickets!

## MINDSHARE CREATIVE WRITING COMPETITION

Winners announced 12 October  
via *Mindshare online*

Mindshare deliver a creative writing competition with winners awarded at the Festival of Now. Categories cover both experienced and emerging writers and poets.

## Rural Events Program

Country Health SA has funded 19 events in 2018 to be held throughout country South Australia. For a full **Rural Mental Health Week Events Calendar**, head to [mhcsa.org.au](http://mhcsa.org.au).

For further information regarding Mental Health Week please email Kristy Stengert, Mental Health Promotions on [kristy.stengert@mhcsa.org.au](mailto:kristy.stengert@mhcsa.org.au)



## FESTIVAL OF NOW

Friday 12 October  
10.30am-3pm

Wauwi/Light Square, Adelaide

In its sixth year, the Festival of Now brings the mental health community together to showcase creativity used in the healing journey and break down the stigma of mental illness. Attractions at the festival include live music and performance, free food, peer sharing circles, arts and crafts, animals, face painting and more! Head on out to Light Square for this free event!

## MINDSHARE EXHIBITION

Month of October  
Adelaide City Library

Don't miss your chance to check out the incredible artwork from South Australian artists living with mental illness. As part of their ongoing relationship with the MHCSA, Adelaide City Library will host artwork from NEAMI Arts and Living Arts throughout the month of October. Be sure to head down to the Library for a look!

# 5 Day Workplace Challenge

Have you signed up?


- DAY 1 **HAVE A MENTAL HEALTH BREAK OVER LUNCH**
- DAY 2 **SHARE YOUR MORNING TEA BREAK**
- DAY 3 **GET PHYSICAL**
- DAY 4 **LEAVE WORK AT WORK**
- DAY 5 **CELEBRATE YOU!**


Head to [mhcsa.org.au](http://mhcsa.org.au) for more info and to sign up!

## Don't Miss Out! Follow Us Online

 Mental Health Coalition of South Australia

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 Mindshare Australia

 @MindshareOz



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