

# MENTAL HEALTH MONTH

## Morning Tea

Whether you're hosting your Mental Health Month Morning Tea in person or online, it's a great way to get your team, mob, family, or friends together to raise awareness around mental health and have fun while doing it!

### ABOUT MENTAL HEALTH MONTH:

Visit [mentalhealthmonth.org.au](https://mentalhealthmonth.org.au) →

Each October, WayAhead runs Mental Health Month in NSW which gives us the opportunity to raise awareness of mental health and wellbeing. Mental Health Month is a chance to promote activities and ideas that can have a positive impact on our daily lives and the lives of others. Every three years a new theme for Mental Health Month is developed by WayAhead in collaboration with the community and other organisations using research and lived-experience experts.



## THE THEME FOR MENTAL HEALTH MONTH IS "TUNE IN"

Tuning in means being present and being aware of what is happening within you, and in the world around you. Being present by tuning in has been shown to help build self-awareness, help make effective choices, reduce the impact of worry, and build positive connections.

**Tune in to yourself** – What can you sense right now? What can you feel?

**Tune in to others** – What might people around you be feeling? How can we connect?

**Tune in to your communities** – What is happening that you can be part of, or that you can help others be part of?

**Tune in to stigma** – How do attitudes and understandings of mental health and wellbeing impact on people's ability to live the lives they want? How can we help?

\*You can read more about this in the Tune In Fact Sheet

Visit [mentalhealthmonth.wayahead.org.au/tune-in](https://mentalhealthmonth.wayahead.org.au/tune-in) →

### MERCH

This year we have created some great Tune In merch.

Packs are available to purchase for your team or community group as gifts or prizes for your morning tea activities!

All proceeds go to supporting WayAhead and MHM.

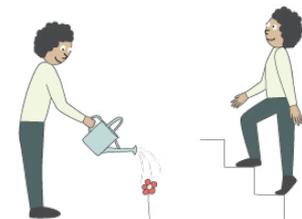
[View Merch →](#)



*Wear something that makes you feel like 'you'*

Part of the Tips to Tune In 2021

[View Tips to Tune In →](#)



*Move everyday in a variety of ways*

Part of the Workplace Stress Less Tips 2021

[View Workplace Tips →](#)

## ADDRESSING STIGMA AND HOW TO BE AN ALLY:

This October we are also focusing on how to be a mental health ally and how we as allies can help reduce stigma, shame, and prejudice around mental health. There are lots of myths, misunderstandings, and assumptions around mental health. These can all lead to stigma – a feeling that mental ill-health is something to be ashamed of, or something that should be hidden. Stigma also connects to prejudice – the judgements we make about others based on their mental health. This can become discrimination when those judgements impact what people can do and access.



As an ally, you can challenge stigma when you notice it, and help create a world free from mental health stigma.

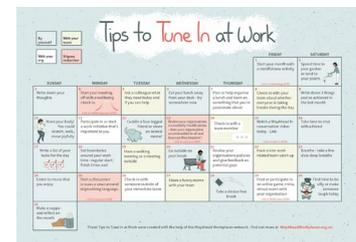
\*You can read more about this in the How to be a Mental Health Ally Pack

[Visit mentalhealthmonth.org.au/how-to-be-a-mental-health-ally](https://www.mentalhealthmonth.org.au/how-to-be-a-mental-health-ally) →

## ACTIVITIES TO HELP HOST YOUR MHM MORNING TEA:

**Tune In Calendar** – These are practical tips of how you can Tune In each day, challenge yourself and your organisation to complete the whole calendar! We will be posting these tips daily on LinkedIn during October - follow us to join in or to share your Tuned In October.

[linkedin.com/company/mental-health-association-nsw-inc](https://www.linkedin.com/company/mental-health-association-nsw-inc) →



**Conversation Cards** – These conversation starters are a great way to connect with others and hear from different perspectives! You might even learn something new about someone. We suggest using them in small groups of 3-4 people or in pairs.

**Mental Health Month Trivia** – We encourage your team or organisation to host Mental Health Month Trivia. This is a great way to tune in to playfulness and potentially learn something new...all while having fun!

Download these activities at [mentalhealthmonth.org.au/workplace-mhm-toolkit](https://www.mentalhealthmonth.org.au/workplace-mhm-toolkit) →

## SOCIAL MEDIA

Please tag us in your Mental Health Month posts, we'd love to see and share what you've been tuning into!

#MentalHealthMonth #TuneIn #WayAheadNSW

\*We have a plethora of social posts ready for you to share, zoom and desktop backgrounds, email signatures, social media headers and much more - head over to the Workplace MHM Toolkit for all the resources your heart could desire!

[mentalhealthmonth.org.au/workplace-mhm-toolkit](https://www.mentalhealthmonth.org.au/workplace-mhm-toolkit) →



## DONATE

By Donating now, your organisation can help WayAhead continue to provide free Mental Health Month information and resources, as we aim to provide all people of NSW with Mental Health education and support and work towards a society free from Mental Health stigma.

[DONATE LINK](#) →