

# THE REGIONAL MEN'S HEALTH INITIATIVE

## Quarterly News

October to December 2017

### News Topic: Think Mental Health Campaign

The Suicide Prevention public education program "Think Mental Health Campaign" was launched on the 28<sup>th</sup> November. The campaign will contribute to:

- Promoting mental health & wellbeing
  - De-stigmatising mental health issues
  - Assisting the WA community to navigate the range of mental health activities and services available; and
  - Building resilience and improving mental health and wellbeing of the WA community.
- The Team at RMHI sat on a Men's Expert Group to help facilitate the development of this campaign.

I would like to take this opportunity to wish all readers of this newsletter and our various stakeholders all the best for the festive season and a healthy and happy 2018.

### Highlights from the activities in the Quarter with RMHI staff in attendance

#### Snapshot of Events:

- Pilbara – Presentations x 17 – Rio Tinto – Mental Health Week Sessions – 05 to 12/10
- Waroona – Fast Track Pit Stop - Agricultural Show – 07/10
- Fremantle – Presentation – Notre Dame University – "Think Rural" Seminar – 10/10
- Beacon – Presentation – Dry Season Sundowner Event – 12/10
- Margaret River – Presentation - Community Mental Health Forum- 16/10
- Esperance – Presentation – Bay of Isles Community Outreach Inc. – 16/10
- Esperance – Fast Track Pit Stop - Agricultural Show – 20 & 21/10
- Kalgoorlie – Presentation – Ministerial Council for Suicide Prevention - 23/10
- Bunbury – Fast Track Pit Stop - South West Seniors Expo – 29/10
- Albany – Presentations x 2 – WA Fishing Industry Council – 01 to 02/11
- Geraldton – Presentation – Water Corporation – 01/11
- Busselton – Fast Track Pit Stop – Men's Health Day – 14/11
- Northam – DPIRD – International Men's Day - 20/11
- Broome – MOS Community – March Against Family Violence – 23/11
- Perth – Presentation - MHC – Think Mental Health Campaign launch 28/11
- Mingenew – Presentation – Movember Suicide Event – 01/12
- Mount Walker – Presentation – Mates Breakfast – 07/12

**Advocacy:** General and Support – 224

To find out more visit [www.regionalmenshealth.com.au](http://www.regionalmenshealth.com.au)

Owen and the Team at RMHI

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