

BUNBURY MENTAL HEALTH WEEK 2024

Saturday 5 October	Monday 7 October	Tuesday 8 October	Wednesday 9 October	Thursday 10 October	Friday 11 October
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**Blue Leaf
Investing in Our Youth**
Bunbury's Biggest
Community Picnic
@Bunbury Markets
Queens Gardens
8AM—1PM
All Welcome
FREE

**Bunbury Mental Health
Week Art Exhibition**
Bunbury Geographe
Chamber of Commerce and
Industry
15 Stirling Street
9AM-4:30PM
All Welcome
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**When you find things
hard, remember it's
ok not to be ok**

ACTION FOR HAPPINESS

**Pathways SouthWest
Clubhouse
Open day & sausage
sizzle**
Leschenault Drive
10AM-2PM
All Welcome
Coffee van
Arts & Crafts
Games
FREE

**Conversations About Non-
Suicidal Self-Injury**
Learn how to assist a person
who is engaging in self-
injury
City of Bunbury Library
10AM-2PM
Booking essential
blueleaf.org.au

**West Women's Health and
Information Centre- Grounded
Women Gardening Group**
ACT, BELONG, COMMIT,
GARDEN- MENTAL HEALTH
BLOOMS IN THE GARDEN @
Thommo's Community Garden
10AM-1PM
FREE

**Mental Health: Breaking Through
Stigma**
Help break the stigma of mental
health one conversation at a time
Where: Bunbury Public Library,
Parkfield Street
10.30AM– 11.30AM
FREE

**Get active outside
and give your mind
and body a natural
boost**

ACTION FOR HAPPINESS

**Aim to be good
enough, rather than
perfect**

ACTION FOR HAPPINESS

**Bunbury Mental Health
Week launch & opening of
the Mental Health**
Bunbury Geographe
Chamber of Commerce
Pathways SouthWest
WA Primary Health Alliance
4PM – 6PM
All Welcome
FREE

**Make time to do
something you
really enjoy**

ACTION FOR HAPPINESS

**Walk & Talk for Mental
Health
Walk , Drumming &
Community BBQ**
Accordwest, headspace,
Freedom
Koolambidi Woola
(Youth Precinct)
10:45AM -2PM
FREE

SJOG Suicide Prevention
Applied Suicide Intervention
Skills Training (ASIST)
St John Sub-Centre Bussell
Highway
\$50 Bookings essential
(Held over two days)

SJOG Suicide Prevention
Applied Suicide Intervention Skills
Training (ASIST)
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Highway
\$50 Booking essential
(Held over two days)

**Focus on the basics:
eat well, exercise and
go to bed on time**

ACTION FOR HAPPINESS

**Be as kind to
yourself as you
would to a
loved one**

ACTION FOR HAPPINESS

**Leave positive
messages for
yourself to see
regularly**

ACTION FOR HAPPINESS

ACTS Open Day
All Cultures Together
Singing welcomes
participants to join us.
Yallo
135 Norton Promenade,
Dalyellup
6PM - 7.30PM
FREE

**Give yourself
permission
to say 'no'**

ACTION FOR HAPPINESS

Mental Health Week Ball
Pathways SouthWest
Dance Steps South West
City of Bunbury
6PM-10PM
Ticketed event



**For
more
information and
booking links
scan or click on
the QR code**

BUNBURY MENTAL HEALTH WEEK 2024

VENUES

Bunbury Markets

Queens Gardens Bunbury (Stirling Street)

Bunbury Geographe Chamber of Commerce & Industry

15 Stirling Street, Bunbury

City of Bunbury Library

1 Parkfield Street, Bunbury

Dalyellup Community Centre

6 Gosse Way, Dalyellup

Koolambidi Woola (Bunbury Youth Precinct)

1 Blair Street, Bunbury

St John - Sub Centre Bunbury

270 Bussell Hwy, Bunbury

Pathways SouthWest Clubhouse

Leschenault Drive, Vittoria

Thommo's Garden

Robertson Drive, Glen Iris

Yallo

135 Norton Promenade, Dalyellup



SUPPORTED BY



Click or scan the QR code for more information and bookings on all our events