

NATIONAL MENTAL HEALTH MONTH 2021 CALENDAR

Theme
Mental Health: Post Pandemic Recovery Challenges and Resilience



1 OCTOBER - NATIONAL LAUNCH OF MENTAL HEALTH MONTH

VIRTUAL VICTORIA 6:30pm - 8:30pm Virtual	VIRTUAL NEW SOUTH WALES 6:30pm - 8:30pm Virtual	QUEENSLAND 6:30pm - 8:30pm Queensland Parliament, Brisbane	WESTERN AUSTRALIA 6:30pm - 8:30pm Perth Convention Centre, Perth	NORTHERN TERRITORY 6:30pm - 8:30pm Legislative Assembly of the Northern Territory, Darwin	SOUTH AUSTRALIA 6:30pm - 8:30pm Parliament House, Adelaide	TASMANIA 6:30pm - 8:30pm Hobart Function and Conference Centre, Hobart	VIRTUAL AUSTRALIAN CAPITAL TERRITORY 6:30pm - 8:30pm Virtual		
2 OCTOBER	3 OCTOBER	4 OCTOBER	5 OCTOBER	6 OCTOBER	7 OCTOBER	8 OCTOBER	9 OCTOBER	10 OCTOBER	
VIRTUAL Move it 4 Kids 10:00am - 11:00am Virtual	VIRTUAL Sound Meditation 9:00am - 10:00am Virtual	Multicultural and Refugees' Mental Health Symposium 10:00am - 12:00pm Darwin Convention Centre	Childcare and Mental Health Symposium 10:00am - 12:00pm Brisbane City Hall	VIRTUAL Legal Professionals Mental Health Forum 10:00am - 12:00pm Virtual	VIRTUAL Youth Mental Health Forum 6:30pm - 8:00 pm	VIRTUAL Medical Professionals' Mental Health Symposium 10:00am - 12:00pm Virtual	VIRTUAL Mental Health Wellness Workshops 4:00pm - 5:15pm	VIRTUAL World Mental Health Day Summit 9:00am - 5:00pm	
				11 OCTOBER	12 OCTOBER	13 OCTOBER	14 OCTOBER	15 OCTOBER	16 OCTOBER
				VIRTUAL Construction and Mental Health Symposium 6:00 pm - 7:30 pm	VIRTUAL Mental Health Expo 1:00 pm - 3:00 pm	Miners' Mental Health Symposium 10:00 am - 12:00 pm Perth Convention Centre	Crime and Mental Health Symposium 10:00am - 12:00pm Hobart Function & Conference Centre	VIRTUAL Carers' Mental Health Forum 10:00am - 12:00pm	VIRTUAL Truck Drivers' Mental Health Forum 10:00am - 11:30am

17 OCTOBER - NATIONAL WALK FOR MENTAL HEALTH

VICTORIA 10:30am - 12:30pm Virtual	NEW SOUTH WALES 10:30am - 12:30pm Virtual	QUEENSLAND 10:30am - 12:30pm City Botanic Gardens	WESTERN AUSTRALIA 10:30am - 12:30pm Perry Lakes Reserve	NORTHERN TERRITORY 10:30am - 12:30pm George Brown Darwin Botanic Gardens	SOUTH AUSTRALIA 10:30am - 12:30pm Red Gum (Karrawirra) Park	TASMANIA 10:30am - 12:30pm Max's Infinity Loop	AUSTRALIAN CAPITAL TERRITORY 10:30am - 12:30pm Virtual			
	18 OCTOBER	19 OCTOBER	20 OCTOBER	21 OCTOBER	22 OCTOBER	23 OCTOBER	24 OCTOBER	25 OCTOBER	26 OCTOBER	27 OCTOBER
	VIRTUAL Youth Suicide Prevention Forum 1:00 pm - 3:00 pm	VIRTUAL Universities and Mental Health Forum 1:00 pm - 3:00 pm	VIRTUAL Police Personnels' Mental Health Symposium 10:00am - 12:00pm	Sports and Mental Health Forum 10:00am - 12:00pm Brisbane City Hall	Symposium on the Mental Health of Mental Health Professionals' 10:00 am - 12:00 pm Perth Convention Centre	VIRTUAL Paramedics' Mental Health Symposium 10:00am - 12:00pm	VIRTUAL Parenting and Mental Health Forum 1:00 pm - 3:00 pm	VIRTUAL Pharmacists' Mental Health Symposium 10:00am - 12:00pm	VIRTUAL Food and Mood Forum 10:00am - 12:00pm Virtual	VIRTUAL Finance Professionals' Mental Health Symposium 10:00 am - 12:00 pm Virtual
				28 OCTOBER	29 OCTOBER	30 OCTOBER	31 OCTOBER			
				Mental Health Symposium on Post Pandemic Recovery Challenges, Resilience & Religion 10:00am - 12:00pm Adelaide Town Hall	Defence and Mental Health Symposium 10:00am - 12:00pm Brisbane Town Hall	VIRTUAL Future Leaders' Forum 6:30 pm - 8:00 pm	VIRTUAL Seniors' Mental Health Forum 1:00 pm - 3:00 pm	National Mental Health 2021 Closing Ceremony 2:30pm - 4:00pm	VIRTUAL Indigenous Mental Health Symposium 1:00pm - 2:00pm Virtual	VIRTUAL LGBTIQA+ Mental Health Forum 1:00 pm - 3:00 pm Virtual



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