

Mental Health Month - October 2021

Nearly half of all Australians (45%) will experience some form of mental illness during their lifetime and one (1) in six (6) people in the Australian workforce are suffering from a mental illness at any one time. With such high statistics of the number of people suffering a mental illness, it is not surprising that every day eight (8) Australians died by suicide and one (1) in four (4) people said they know someone who had taken their own life.

The Central Coast has consistently had one of the highest rates of suicide in comparison to other health districts across NSW.

Over the past 18 months, the Central Coast community has

been hit with a number of disasters including floods and bushfires and along with the rest of the world, Covid-19.

Restrictions of movement, social distancing measures and physical isolation, have impacted the mental health of many Australians.

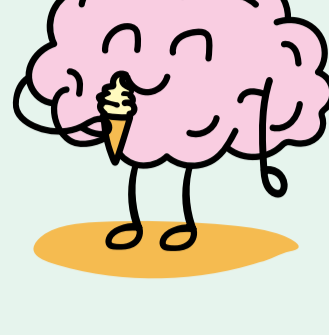
Central Coast Council has developed a calendar of programs and workshops that will be offered during Mental Health Month in October.

The workshops are all free but have limited numbers so it is imperative that you only register if you can attend so others don't miss out on the opportunity.

For more information about any of the activities in this calendar please contact Council's Community Development Officer,

Sharon Moore:
P: 0434309058

E: sharon.moore@centralcoast.nsw.gov.au



Mental Health Essentials

Join us during Mental Health month as we explore the idea of mental health and mental illness. You'll learn about what mental health is, how to spot the signs of someone experiencing mental illness, as well as some tips on how to have a conversation about it.

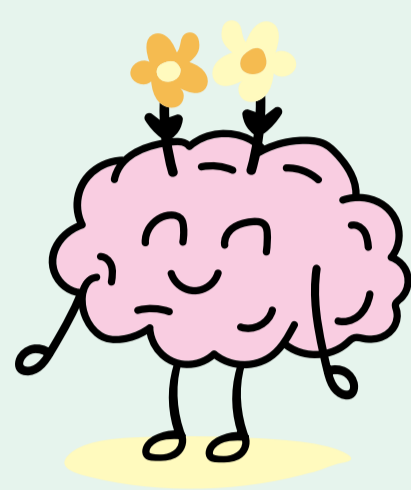
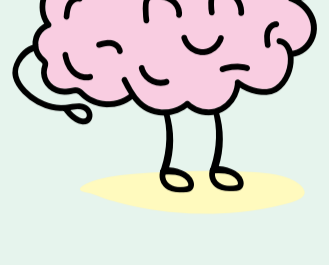
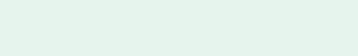
Jam packed with useful and practical information.

AVETMESS Pty Ltd - 90 minute webinar

Two sessions available:

Date: 11 October 2021
Time: 1.00pm - 2.30pm
[Book your spot](#)

Date: 20 October 2021
Time: 10.00am - 11.30am
[Book your spot](#)



Accidental Counsellor Foundations Online

The course is run by the Lifeline Direct Training Support Team. Now, more than ever before, we need to be ready, willing and able to respond when someone needs our help.

Accidental Counsellor is aimed at those who would like to be able to safely and effectively support friends, family, colleagues, and strangers who are in distress or experiencing a crisis.

Lifeline
2 x 2.5-hour sessions
Maximum participants 16

Two training sessions available:

Date: 12 & 13 October
Time: 9.15 - 12 noon
[Book your spot](#)

Date: 28 & 29 October
Time: 9.15 - 12 noon
[Book your spot](#)



Stretch & Relaxation for Well-Being

Want to feel relaxed - join in to our 'Stretch & Relaxation for Well-being' webinars.

This is a gentle 45 minute class combining stretch & relaxation techniques to offer mental and emotional calm and a sense of inner quietness while releasing muscle tension to improve your overall sense of well-being.

Suitable to 16 years and over and to all levels of fitness.

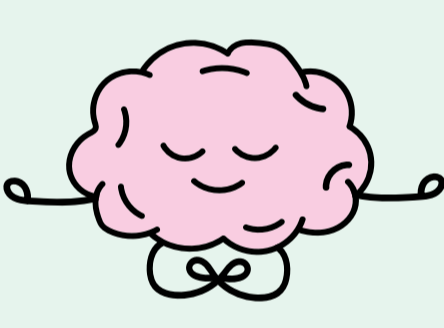
These classes will be run by studio-k.org

Date: Wednesday 6 October
Time: 12 noon - 12.45pm
[Book your spot](#)

Date: Thursday 14 October
Time: 12 noon - 12.45pm
[Book your spot](#)

Date: Thursday 21 October
Time: 12 noon - 12.45pm
[Book your spot](#)

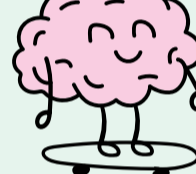
Date: Wednesday 27 October
Time: 12 noon - 12.45pm
[Book your spot](#)



Mental Health Month Stress Less - Pavement Decals

Throughout the month of October, if you are out exercising or taking a stroll in some of our amazing Central Coast locations, you might come across some Stress Less tips scattered across the pavements.

Be on the lookout around Ettalong, Norah Head, Terrigal and Gosford.



Mind Blog Mental Health Program

These interactive workshops will provide people the confidence to talk openly about mental health and reduce the stigma associated with mental health issues within our community. Through role-play techniques, messages are reinforced about how to help someone who may be struggling.

Two training sessions available:

Date: 5th October
Time: 10.00am - 11.30am
[Book your spot](#)

Date: 18th October
Time: 10.00am - 11.30am
[Book your spot](#)



Make your Mark

Make Your Mark is a program that was part of Sydney Craft Week 2020, delivering a range of culturally diverse and contemporary craft workshops. Due to how popular this Make Your Mark workshop was during Sydney Craft Week in 2020, we are making more available during Mental Health Month for our Central Coast residents. Craft activities use a mix of different skills which can have mental and physical benefits particularly after being in long shut down periods. Due to Covid-19, these workshops will be delivered as a pre recorded online program, where you will have the opportunity to learn new creative skills within an accessible and comfortable platform - in your own home.

There are a limited number of spaces in each of the workshop so don't wait to register your spot.

Babushka paper dolls with Vanja

This is a fun activity for kids and the family, where you will decorate three paper Babushka dolls. Your decorative dolls will become fridge magnets, hanging Babushkas or cards.

All materials will be provided, via post, all you will need to bring along is scissors and glue!

[Register Here](#)

Paper craft with Mel

This workshop will teach participants how to approach paper cutting from the what to the how. Participants will be assisted in recapturing a memory by replicating that particular theme through paper art techniques and processes.

You will be required to select a photograph which captures a beautiful memory as the template for your interactive paper artwork. All materials will be provided via post; you will just need a pair of scissors.

[Register Here](#)

Origami making with Junko

In this workshop you will learn the art of origami. Origami is the Japanese art of paper folding, originating from the words Ori meaning 'folding' and kami meaning 'paper'.

This is a fun activity for all ages. In this, you will learn to make unique paper origami creations that you can keep and use for decorations.

All materials will be provided via post.
[Register Here](#)

Man-Kind Podcast

Man;Kind Podcast - Series 3

"Rebuilding the Man"

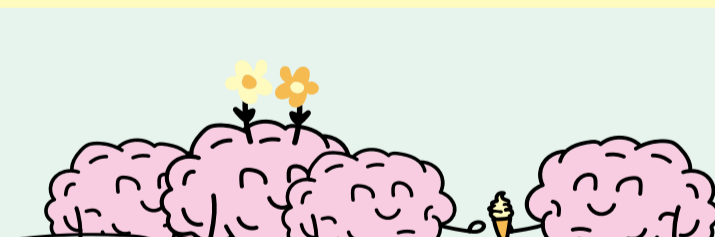
Honest, authentic conversations challenging stereotypes and 'discussing' a broader understanding of 'masculinity' for the next generation.

In Series 3 "Rebuilding the Man", Will Small interviews an amazing cross section of community members about the importance of well-being and mental fitness in our modern lives.

The recurring themes of resilience and vulnerability help define this unique series as both powerful and engaging.

Two of our conversations include Gus Worland - Radio Triple M + Channel 9 TV personality as well as Damon Gameau who is an Australian television and film actor who is the director of, and lead role in, That Sugar Film.

[Click here](#) to listen to Gus and Damon as well as all of our interviews discussing mental health and its challenges.



Emergency Ready Now

Stories are one of the most powerful learning tools we have. Emergency Ready Now is a new podcast that shares people's stories about disaster recovery, community and mental wellbeing. Hear from a range of voices - from resilience experts, firefighters to clinical psychologists, from small business owners to communities that have experienced loss and have survived together. These are conversations about what has happened, what may happen and how we can prepare for the future.

Join us as we explore these important questions and look at how we, as a community, can become more resilient and connected in the wake of disaster.

The Emergency Ready Now podcast is presented by Central Coast Council and is jointly funded by the Commonwealth and NSW State Governments under the Disaster Recovery Funding arrangements.

Find it on Spotify or wherever you get your podcast - [Click here](#)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1st - 31st OCTOBER Pavement Decals - ETTALONG, TERRIGAL, GOSFORD and NORAH HEAD Residents can register for the MAKE YOUR MARK craft program EMERGENCY READY NOW podcast MAN - KIND podcast				
	5th MIND BLOG	6th STRETCH & RELAXATIONS FOR WELLBEING		
11th MENTAL HEALTH ESSENTIALS	12th ACCIDENTAL COUNSELLING	13th ACCIDENTAL COUNSELLING	14th STRETCH & RELAXATIONS FOR WELLBEING	
18th MIND BLOG		20th MENTAL HEALTH ESSENTIALS	21st STRETCH & RELAXATIONS FOR WELLBEING	
		27th STRETCH & RELAXATIONS FOR WELLBEING	28th ACCIDENTAL COUNSELLING	29th ACCIDENTAL COUNSELLING