



ISSUE 2 • OCTOBER 2023

STAFF WELLBEING WEDNESDAY

Staff Wellbeing Newsletter

World Mental Health Day - 10 October 2023

World Mental Health Day, observed on October 10th each year, serves as a global reminder of the importance of mental wellbeing. This occasion transcends borders and cultures, focusing on a shared human experience: mental health.

The Day provides an opportunity for all stakeholders working on mental health issues to talk about their work, and what more needs to be done to make mental health care a reality for people worldwide.

THEME: Mental health is a universal human right!

The theme for 2023, set by the World Foundation of Mental Health, is **'Mental health is a universal human right'**. World Mental Health Day is about raising awareness of mental health and driving positive change for everyone's mental health.

<https://www.who.int/campaigns/world-mental-health-day>



This issue:

- World Mental Health Day
- World Teachers Day
- DRIVE against depression
- Breast Cancer Awareness Month
- National Safe Work Month
- Employee Assistance Program by Converge International

World Teachers Day - 27 October 2023

HATS OFF TO TEACHERS THIS WORLD TEACHERS DAY!

This year, **World Teachers Day** is on Friday 27 October. It is an opportunity to say thank you for the incredible contributions teachers make to our community.

Let's celebrate our dedicated teachers for their exceptional contributions to the education, inspiration, and support they provide to our students.

For more information visit their website <https://worldteachersday.edu.au/>



#WorldTeachersDay2023

DRIVE against depression - 22 October 2023

Registration is now open for DAD's 2023 Spring Drive Day.

Why We Drive

DAD drive days are always about connection and community. They hold the intention to normalise mental health problems and mental illness, promote conversations around these and offer pathways for seeking further support.

We use driving and the shared enthusiasm for cars and great roads as our way of connecting and escaping downward emotional spirals. We know that connection is vital for mental wellbeing, and DAD events deliver this in spades.

DAD isn't a club, it's a community. Please don't feel you need to have a particular model or age of car to attend – if you love it, bring it. Our drive days are strictly social and non-competitive. We use open roads and carefully plan our drive routes to make them as safe and logical as possible, while using engaging roads with new scenery for a great day out.

We advocate for using DAD drive days as an inclusive environment to start your mental health conversation where you feel comfortable to do so, however DAD drive days are not a crisis service and keeping everyone safe on the road is of utmost importance.



Opportunity to support a great cause. This is a charity that Andrew Weir is involved with and would love to get people involved.

Breast Cancer Awareness Month

Living Well, Your Way is Breast Cancer Network Australia's (BCNA) theme for Breast Cancer Awareness Month this October.

Breast Cancer Awareness Month provides the opportunity for us to draw attention to the ongoing impact of breast cancer on those diagnosed and their supporters.

In their 25th year, BCNA continues to connect you with the information, resources, and support you need whether you are someone diagnosed, a family member, support person, or a health professional providing care.

[Breast Cancer Awareness Month \(bcna.org.au\)](http://bcna.org.au)



“This year a few of my family members took part in the BCNA event which is held at the MCG each year as part of the McGrath Foundation. A charity close to my heart, and I am sure many more throughout CEB”.

Tania Lund - Staff Wellbeing & Engagement Advisor

National Safe Work Month 2023



October is National Safe Work Month—a time to commit to building a safe and healthy workplace.

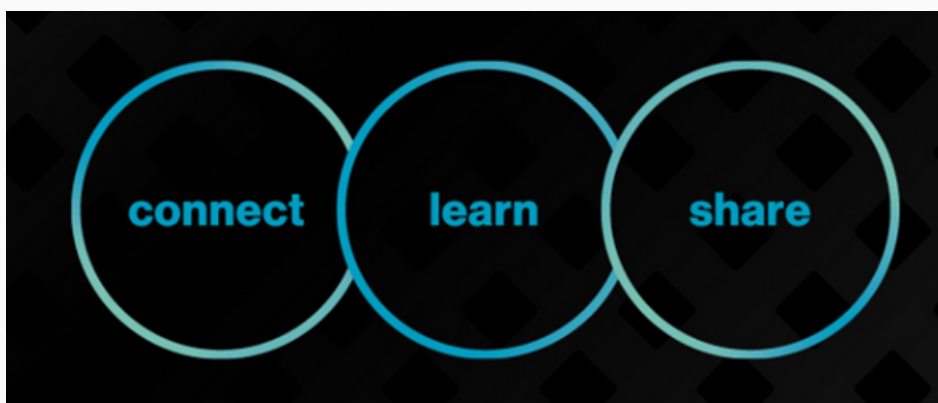
Being healthy and safe means being free from physical and psychological harm. A safe and healthy workplace benefits everyone.

For everyone's safety, work safely. #SafeWorkMonth

The primary objective of National Safe Work Month is to encourage all individuals and organisations to prioritise safety in their workplaces and work towards reducing the number of work-related injuries, illnesses, and fatalities.

[National Safe Work Month 2023](#) | [Safe Work Australia](#)

[Events](#) | [WorkSafe Victoria](#)



Employee Assistance Program (EAP) by Converge International

As we approach **National Work Safe Month** and **World Mental Health Day**, we want you to know that Converge International is there to support you in staying psychologically safe at work.

They have a wealth of resources available to help you navigate the challenges you may face, whether at work or in your personal life. Our EAP is also a click away.

Keep an eye out for any updates on these events on the Converge International website for mental health and workplace wellbeing throughout October.

[CLICK HERE TO DOWNLOAD RESOURCES](#)

EAP App!

The Converge App uses award-winning technology to engage every employee and gives them the tools, autonomy, self-awareness, and motivation to take control of their health and wellbeing.

Have you tried the new app?

For more information click [HERE](#)

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