WA Mental Health Week 2024

Western Teacher volume 53.6 September 2024



EMPOWERING COMMUNITIES, THRIVING WORKFORCES: A JOURNEY TOWARDS INVESTING IN OUR MENTAL HEALTH. FOR WA MENTAL HEALTH WEEK 2024, WE'RE FOCUSING ON POWER.

We're exploring the supports in our communities that help people who've experienced mental ill-health to empower themselves to take charge of their mental health within their everyday lives. How? By shining a light on real stories of lived experience, recovery and life beyond mental ill-health, diagnoses and labels.

We'll celebrate stories of people with lived experience, help communities empower themselves, and show that mental health is about thriving, not just surviving! We'll also pay particular attention to the role of employment as mental health promotion and its role in recovery.

Join us to challenge stigma, support individuals to chart their recovery, and tailor our efforts and support for lasting impact in our communities.

mentalhealthweek.org.au **@MentalHealthWeekWA** **#mhw2024**

Government of Western Australia
Mental Health Commission

WAAMH
Western Australian Association for Mental Health

MENTAL HEALTH WEEK

Authorised by Sally Dennis, General Secretary, The State School Teachers' Union of W.A.
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