

Small steps, big difference.

MENTAL HEALTH MONTH | OCTOBER 2025



Home
in Place

Mental Health Month

October is Mental Health Month. It's a time to pause, check in, and recognise the everyday actions that support our wellbeing.

At Home in Place, we believe even the simplest steps can make a big difference.

This booklet shares activities, events, and resources to help you reflect, connect, and celebrate positive habits.

Home in Place tenants, join us at an event near you!

THURSDAY 2 OCTOBER | ART IN THE PARK

North Street, Tuncurry

1pm–2pm

Whether you're an experienced artist or never held a brush, we would love for you to join us. Canvases, paints and easels provided by Home in Place

ONLY 18 PLACES AVAILABLE.

To book call Georgie on 1300 333 733 or
email communityevents@homeinplace.org

THURSDAY 9 OCTOBER | MUURRUNG MARAI ABORIGINAL WALK ON COUNTRY

Glenrock State Conservation Area

Meet us at the Yuelarbah Trail car park – Burwood Rd, Whitebridge

10am–11am

Join local guide Amos for a cultural walk, bush tucker talk and didgeridoo performance.

Tea, coffee and a chat after.

To book call Meg on 1300 333 733 or
email communityevents@homeinplace.org

FRIDAY 10 OCTOBER | SCAVENGER HUNT IN THE PARK

Wingham Memorial Park – Farquhar Street, Wingham

10am–12pm

Fun for all ages these school holidays!

Follow clues, find hidden objects and compete for prizes.

RSVP ESSENTIAL.

To book call Georgie on 1300 333 733 or
email communityevents@homeinplace.org

WEDNESDAY 15 OCTOBER | AQUA WELLNESS ZUMBA

Kurri Kurri Pool

Boundary Street, Kurri Kurri

9.30am–10.15am (arrive by 9am)

Low-impact, water-based workout combines fun dance moves with fitness, helping to build strength, flexibility, and cardio health while being gentle on the joints. Suitable for all fitness levels. Bring your swimmers and a towel.

ONLY 30 PLACES AVAILABLE.

To book call Luke on 1300 333 733 or email communityevents@homeinplace.org

FRIDAY 17 OCTOBER | MENTAL HEALTH MATTERS LUNCH AND CHECK-IN

The Meeting Place

1 Northumberland Way, Tumby Umbi 11am–1pm

Enjoy a free lunch, take part in fun activities, lucky door prize and connect with others.



To book call 1300 333 733 or via Humanitix

<https://events.humanitix.com/mental-health-matters-the-meeting-place>

WEDNESDAY 29 OCTOBER | AQUA WELLNESS AEROBICS

Muswellbrook Pool – Wilkinson Ave, Muswellbrook

10am–10:45am (arrive at 9:30am)

Enjoy a low-impact, water-based workout that boosts strength, flexibility, and fitness while being kind to your joints. Suitable for all fitness levels.

ONLY 30 PLACES AVAILABLE.

To book call Luke on 1300 333 733 or email communityevents@homeinplace.org

WEDNESDAY 29 OCTOBER | ART, COFFEE AND CONVERSATION

Museum of Art and Culture

1a First St, Booragul

From 11.30am

A guided cultural tour followed by coffee and conversation.

To book call Meg on 1300 333 733 or email communityevents@homeinplace.org

QUEENSLAND TENANTS

Our Brisbane team is also marking Mental Health Month with in-complex activities for residents. While these are private, they're a reminder that everyone can find creative ways to connect, support each other and focus on wellbeing.

Wellness Balance Bingo

Stress vs Wellbeing

HOW TO PLAY

On the next page you will see two prefilled bingo cards – one with common **Stressors** and one with **Wellness activities** – the things that are proven to reduce stress.

Throughout October, cross off anything from either card that happens in your daily life. **Your goal is to complete a full line (horizontal, vertical or diagonal) on the Wellness card.**

CATCH UP AND CHILL WITH A FRIEND	PRIORITISE SLEEP	INSERT YOUR OWN PERSONAL WELLNESS IDEA	HAVE A PHONE	DANCE TO A FAVOURITE SONG
GET OUT INTO NATURE OR THE GARDEN	SPEND 5 MINUTES BREATHING DEEPLY	ATTEND A COMMUNITY EVENT GROUP OR CLASS	PRIORITISE SELF-CARE	TAKE A MINDFUL WALK NOTICING SOUNDS, COLOURS AND SMELLS
LISTEN TO MUSIC	SPEND TIME WITH PETS - YOURS OR SOMEONE ELSE'S	SET POSITIVE AFFIRMATIONS LIKE - 'I'M GOING TO BE A GOOD DAD!'	WATCH A SUNRISE OR SUNSET	DECLUTTER A DRAWER OR SMALL SPACE
WATCH A FEAR VIDEO MOVIE	SPEND TIME WITH LOVED ONES	READ A BOOK	DO A RANDOM ACT OF KINDNESS	TRY GENTLE STRETCHES IN THE MORNING
DRAW OR COLOUR-IN	TRY A NEW RECIPE	HAVE SOME SCREEN-FREE TIME	WRITE DOWN THREE THINGS YOU'RE GRATEFUL FOR	VOLUNTEER YOUR TIME OR HELP A NEIGHBOUR

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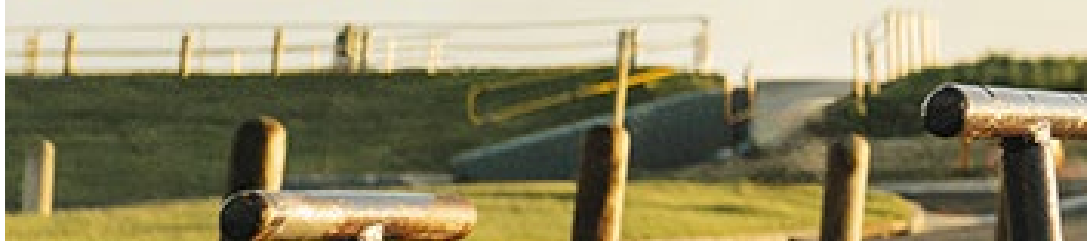
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Once you do, send it in for the chance to win a small prize!

HOW TO SUBMIT YOUR CARD

- Take a photo and email it to communityevents@homeinplace.org
- Drop it at your local branch or Home in Place event or
- Post it to PO Box 58, Wickham NSW 2293

Even if you don't finish a line, the cards are a chance to notice what brings stress and celebrate the steps you're taking to reduce it.



Stressors

FINANCIAL PRESSURES AND MONEY WORRIES	GRIEF AND BEREAVEMENT	PARENTING AND CARING RESPONSIBILITIES	NEGATIVE SELF-TALK OR SELF-DOUBT	FEELING UNSAFE OR INSECURE
CONFLICT, BULLYING OR ARGUMENTS	FEELING HUNGRY OR NOT EATING WELL	NEIGHBOUR OR COMMUNITY ISSUES	LOSING OR BREAKING IMPORTANT ITEMS	TECHNOLOGY OR INTERNET PROBLEMS
HOUSEHOLD CHORES AND HOME MAINTENANCE	LACK OF SLEEP OR FEELING TIRED	FAMILY OR RELATIONSHIP TENSIONS	MANAGING TIME OR FEELING OVERLOADED	LONELINESS OR ISOLATION
PHYSICAL HEALTH CONCERNS	TRAVEL AND TRANSPORT PROBLEMS	WORK OR STUDY PRESSURES	INSERT YOUR OWN PERSONAL STRESSOR - - - - -	NOISE, OVERCROWDING OR LACK OF PRIVACY
BIG LIFE CHANGES OR UNCERTAINTY	EXPERIENCING OR RELIVING A TRAUMATIC EVENT	WEATHER EVENTS AND NATURAL DISASTERS	LEGAL OR TENANCY ISSUES	WORRYING ABOUT THE FUTURE

Wellness activities

CATCH UP AND WALK WITH A FRIEND	PRIORITISE SLEEP	INSERT YOUR OWN PERSONAL WELLNESS IDEA - - - - -	HAVE A PICNIC	DANCE TO A FAVOURITE SONG
GET OUT INTO NATURE OR THE GARDEN	SPEND 5 MINUTES BREATHING DEEPLY	ATTEND A COMMUNITY EVENT, GROUP OR CLASS	PRIORITISE SELF-CARE	TAKE A MINDFUL WALK NOTICING SOUNDS, COLOURS AND SMELLS
LISTEN TO MUSIC	SPEND TIME WITH PETS - YOURS OR SOMEONE ELSE'S!	SET POSITIVE AFFIRMATIONS LIKE - "IT'S GOING TO BE A GOOD DAY!"	WATCH A SUNRISE OR SUNSET	DECLUTTER A DRAWER OR SMALL SPACE
WATCH A FEEL GOOD MOVIE	SPEND TIME WITH LOVED ONES	READ A BOOK	DO A RANDOM ACT OF KINDNESS	TRY GENTLE STRETCHES IN THE MORNING
DRAW OR COLOUR-IN	TRY A NEW RECIPE	HAVE SOME SCREEN-FREE TIME	WRITE DOWN THREE THINGS YOU'RE GRATEFUL FOR	VOLUNTEER YOUR TIME OR HELP A NEIGHBOUR

CHALLENGE YOURSELF!
CAN YOU FILL YOUR WHOLE WELLNESS CARD BY THE END OF OCTOBER?

Resources

If you or someone you are with is in immediate danger, please call 000 or go to your nearest hospital emergency department.

LIFELINE

24 hour crisis support and suicide prevention services.

13 11 14 | www.lifeline.org.au

13YARN

Provides crisis support for mob to have a yarn in a culturally safe space.

13 92 76 | www.13yarn.org.au

SUICIDE CALL BACK SERVICE

24/7 telephone, video and online professional counselling.

1300 659 467

www.suicidecallbackservice.org.au

KIDS HELPLINE

Free, private telephone and online counselling services for young people aged 5–25 years.

1800 55 1800 | www.kidshelpline.com.au

1800RESPECT

National sexual assault, domestic and family violence counselling service.

1800 737 732 | www.1800respect.org.au

QLIFE

Anonymous, free LGBTQI+ peer support and referral service.

1300 555 727 | [www.qlife.org.au](http://www qlife.org.au)



Your ideas, your community

Do you have an idea that could bring people together, boost wellbeing, or brighten your neighbourhood?

It doesn't have to be big, sometimes the simplest ideas have the most impact. It could be a one-off activity or an ongoing get-together that helps people connect.

At Home in Place, we want to support tenants to bring their ideas to life. We can help with:

- Finding a suitable space
- Covering small costs like materials or refreshments
- Connecting you with others who share your interest
- Promoting your activity so more people can join in

Every idea matters, and we'd love to hear yours.

To share your idea, call 1300 333 733 or email communityevents@homeinplace.org

You can also submit your ideas on the Home in Place website at
<https://homeinplace.org/mental-health-month-2025/>



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