

METRO EVENTS

LAUGHTER IS THE BEST OF MEDS

Thursday 14 October | 7pm-9.30pm

The Jade, Adelaide

They say laughter is the best medicine, and this Mental Health Month we're once again testing the tummy muscles with plenty of laughs. The MHCSA will be hosting its popular comedy night at accessible venue The Jade, featuring a diverse range of leading local comedians.

MENTAL HEALTH MONTH FEATURE FILM

October 1-31

Wallis Cinemas

Get your popcorn ready! In 2021, the MHCSA is partnering with Wallis Cinemas to present a feature film with mental health themes across multiple cinemas throughout the month of October. Visit wallis.com.au for tickets and showing times!

MINDSHARE EXHIBITION

October 1-31

Rundle Mall, Hutt Street & Tynte Street Libraries, North Adelaide Community Centre & Online

mindshare's group Exhibition is an annual, collaborative event showcasing visual art by creatives living with mental health challenges. Don't miss this chance to see incredible works from NEAMI Arts, Living Arts and select feature artists within the mindshare community. The exhibition is spread across Adelaide City, launching at North Adelaide Community Centre on Friday October 1.

POETRY PRESCRIBED

Thursday October 21 | 6.30pm-9.30pm

Chateau Apollo, Adelaide

What better way to build community wellbeing than coming together to share stories and a little music? Be moved and delighted by this unforgettable night of spoken word poetry on mental health from feature performers Vivana Luzochimana, SanSan Ja, Caitlin Tait, and Aidan J Jones.

MAGIC WITH A MESSAGE

Saturday October 16th - 8-9pm

Sunday October 24th - 2-3pm

Diverse-City, Adelaide

Drew Magic presents a surprising show about overcoming self-doubt and fighting destructive thoughts. Journey the roller-coaster of success and

failure in this light-hearted, magically punctuated, storytelling showcase of wonder. This is a performance for all ages - mental health themes are addressed in a form suitable for primary ages and above.

THE THOUGHT THAT COUNTS

Saturdays & Sundays in October

City Library, Adelaide

The MHCSA are delighted to support artists Joshua Kernich and Hartstone-Kitney Productions in bringing The Thought That Counts to life in City Library this October. Inspired by the pixel video games of the 1990's, this interactive installation will take you on a journey through the mind of a hero. You may discover that it really is the thought that counts...

FESTIVAL OF NOW

Friday 8 October | 10.30am-3pm

Wauwi/Light Square, Adelaide

Festival of Now - now in its ninth year - is a celebration of mental health, creativity and inclusiveness that challenges stigma and promotes community connection. Attractions at the festival include live music and performance, free food, arts and crafts, games, animals, face painting, wellbeing information stalls and more. This year's theme is "Celebrating Our Stories!"

RURAL EVENTS PROGRAM

The Barossa Hills Fleurieu Local Health Network has supported us to fund 11 events in 2021 to be held throughout country South Australia. To view these and other activities on the Mental Health Month Calendar, along with events for BPD Awareness Week and Carers Week, head to mhcsa.org.au



ONLINE EVENTS

MENTAL HEALTH MONTH VIDEO LAUNCH

Friday October 1

Online

To mark the beginning of SA's Mental Health Month on October 1, the MHCSA invites you to join SA's Minister for Health and Wellbeing, the Honourable Stephen Wade MLC, and the MHCSA's Executive Director Geoff Harris in sharing ways you look after your wellbeing via video.

LIVED EXPERIENCE LUNCH 'N' LEARNS

Wednesdays in October 12.30pm-1.00pm

Online

Want to know more about the Lived Experience Workforce in South Australia, or how to become a peer worker? You're in luck! The MHCSA presents a series of short, online discussions with lived experience workers across the sector - perfectly timed to ensure you don't even need to leave your desk.

MY MIND, MY STORY

Via mindshare.org.au

We are releasing twelve unique blog posts over the course of Mental Health Month written by community members with lived experience of mental illness. These will be on topics designed to spark further conversation - from the difference between "mental health" and "mental illness", to the power of pets for wellbeing!

MINDSHARE CREATIVE WRITING COMPETITION

Via mindshare.org.au

Every year, mindshare delivers a creative writing competition for South Australians with lived experience. Winners will be announced October 21 at our spoken word night, Poetry Prescribed in partnership with Writers SA. Or find the shortlist on display in the mindshare Exhibition!

HEY MATE, ARE YOU THINKING ABOUT SUICIDE?

Via mhcsa.org.au

Did you know that a construction worker is six times more likely to die by suicide than a workplace accident? This October we're releasing a digital campaign to promote the mental health of those working in the construction industry and trades. Keep an eye out for "Josh", "Ryan" and "Mike" - the MHCSA's role models for what to do when you or your mate needs support.




**Don't Miss Out!
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 Mental Health Coalition of South Australia

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