

CALENDAR

8th National Multicultural Mental Health Month
| 1 - 31 October 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 Official Launch of the National Multicultural Mental Health Month Danny's Mind over Miles Run starts at Sydney	2 Danny's Mind over Miles Stanwell Park, NSW → Kiama, NSW Let's Talk: Borderline Personality Disorder in Women	3 Danny's Mind over Miles Kiama, NSW → Fitzroy Falls, NSW Understanding ADHD in women
4 Danny's Mind over Miles Fitzroy Falls, NSW → Falls Creek, NSW Sunday self-care tips for Overwhelming days	5 Danny's Mind over Miles Falls Creek, NSW → Nerriga, NSW Webinar: Women's mental health and neuropsychology with A/Prof. Caroline Gurvich	6 Danny's Mind over Miles Nerriga, NSW → Braidwood, NSW Let's Talk: Workplace Mental Health Michelle Kleinert OAM	7 Danny's Mind over Miles Braidwood, NSW → Captains Flat, NSW	8 Danny's Mind over Miles Captains Flat, NSW → Peak View, NSW Let's Talk: Coercive Control in CALD Women with Dianne Simboro	9 Danny's Mind over Miles Peak View, NSW → Coolringdon, NSW	10 Danny's Mind over Miles Coolringdon, NSW → East Jindabyne, NSW World Mental Health Day Digital Conference (Women's Mental Health)
11 Danny's Mind over Miles East Jindabyne, NSW → Willis Yard, NSW Sunday self-care tips for healthy boundaries	12 Danny's Mind over Miles Willis Yard, NSW → Mawarra, NSW Webinar: Rethinking Women's Distress: Context, Power and Survival with Janine Hendry	13 Danny's Mind over Miles Mawarra, NSW → Buchan, VIC Webinar: Trauma, Culture and Women's Mental Health With A/Prof. Laura Jobson	14 Danny's Mind over Miles Buchan, VIC → Nicholson, VIC Global Mental Health Summit World Federation for Mental Health (14 th – 16 th October) Optus Stadium, Perth WA	15 Danny's Mind over Miles Nicholson, VIC → Stratford, VIC Let's Talk: Obsessive Compulsive Disorder in Women	16 Danny's Mind over Miles Stratford, VIC → Toongabbie, VIC National Carers Week In Conversation with Shannan Lea, Caring For Yourself while Caring for Others	17 Danny's Mind over Miles Toongabbie, VIC → Yarragon, VIC Understanding Menopause & Mental Health Journey
18 Danny's Mind over Miles Yarragon, VIC → Pakenham, VIC Sunday self-care tips for slowing down	19 Danny's Mind over Miles Pakenham, VIC → Melbourne, VIC Danny's Mind over Miles Run concludes at Melbourne	20 Webinar: From reform to practice: Growing a learning mental health and wellbeing system in Victoria With Prof. Sarah Wilson	21 Let's Talk: Trauma & PTSD (Lived experience) with Dianne Simboro	22 Let's Talk: Bipolar Disorder in Women Interactive Lived Experience Panel hosted by Amanda Cops	23 In Conversation with Shiuli Rai on Life Transitions	24
25 Sunday self-care tips for Reconnecting with self	26 Lunch & Learn Webinar (LIVE): With Prof. Melissa Green	27 Webinar: Women's health across life's course With Prof. Deb Loxton, Natalie Townsend	28 [ONLINE] Let's Talk: Multicultural Young Women's Mental Health Forum	29 Let's Talk: Navigating grief and mental health experiences.	30 In Conversation with Ianna Hsieh on Relationship Trauma	31 Multicultural Women's Mental Health Morning Tea Fundraiser Knox Wellness Hub (AICCT) 8:00am – 10:30am

Learn more about what's on this October



Supporting Women's
Mental Health Everyday

