

# health4life

Staff health, wellbeing and fitness.



## World Mental Health Day

**Tuesday, 10 October 2017**

Raise awareness and show your support by **wearing purple**, holding a **morning tea** and joining us for a **run/walk**.

### Morning Tea

Bring a plate to share with your team and discuss how to *stay mentally healthy at work*. To start the conversation you can watch one of these videos together and visit our Health4Life [Emotional Wellbeing](#) QHEPS pages.

- [Meet Dov, a medical doctor living with bipolar disorder](#) (Sane.org. Living stories - 2:27min)
- [Queensland Mental Health Ambassador interview](#) (Libby Trickett, Olympic gold medallist swimmer - 7:26min)
- [The happy secret to better work](#) (Ted Talk - Shawn Achor, Harvard lecturer - 12:12min)

We would appreciate if you could please nominate a staff member to support the collection of donations to support **Fusion Sunshine Coast** to run the 2018 Mental Health Conference. Donations will be collected at the Mental Health stalls located at NGH and SCUH. Tins will also be dropped off at other locations.

### Raising Awareness Run/Walk

Join our SCHHS Run/Walk clubs at **3.30pm** for a 30min session. Meeting points:

- SCUH: outside the staff amenities on the ground floor of P1 – Walk and Run
- NGH: Blood Bank – Walk only

Find out more about our [Run/Walk Clubs](#).