



Talking About Mental Health at Your Event

Hosting a Roar for Wellbeing event is a wonderful opportunity to connect with your community, share resources, and start positive conversations about mental health and wellbeing.

You don't need to be an expert – your role is to create a welcoming space and connect people with support if needed.

Create a Safe & Welcoming Space

- Begin your event with a warm, inclusive welcome.
- Make it clear this is a judgement-free space – no one has to share anything they're uncomfortable with.
- Use simple, positive language when discussing mental health and wellbeing.

How to talk About Mental Health

- Use simple, everyday language and focus on wellbeing and connection.
- Always talk about mental health in a way that focuses on prevention, mental health promotion and, wherever possible, early intervention.
- Phrases you can use:
 - “Many people experience challenges with their mental health.”
 - “It's okay to ask for help.”
 - “Looking after your wellbeing is just as important as physical health.”

If Someone Becomes Upset

Talking about mental health can sometimes bring up strong feelings. You don't need to provide counselling – just:

- Listen calmly and thank them for sharing.
- Acknowledge their courage: “Thank you for telling me that. It's brave to talk about these things.”
- Gently offer information about professional help and local services.

Consider Inviting a Local Professional

- You might like to invite a local mental health professional or representative from a support service.
- This provides your audience with an opportunity to hear expert insights and connect with services in your area.
- Reach out to local organisations – many are happy to attend community events or provide guest speakers and resources.

Support Guest Speakers

If you invite a guest, make sure they feel supported and prepared:

- Provide them with an outline of the event and your audience.
- Let them know how long they'll be speaking and what's expected.
- Check in after their talk – discussions about mental health can be personal and emotional, even for professionals.
- If your speaker shares something personal, thank them privately afterwards.

Share Helpful Support Contacts

It's a good idea to have these details available - see our handout Support Services and Helpline or find these at alwf.org.au/support