



# Rise WA Mental Health Week Event

*Empowering communities,  
thriving workforces:  
a journey towards investing  
in our mental health.*

For WA Mental Health Week 2024, we're focusing on power. We're exploring the supports in our communities that help people who've experienced mental ill-health to empower themselves to take charge of their mental health within their everyday lives.

**Where:** Crooked Spire  
71 Victoria Street, Midland

**When:** Thursday, 10 October 2024  
11.30am - 2:30pm

**More info?** Talk to your Support Worker  
or Coordinator or call  
(08) 6274 3700

Need help with transport?  
Let your Support Worker  
know. We'll try to help

**Come and join us for  
Food, Fun & Activities**

This Mental Health Week initiative is  
proudly brought to you by:

**Rise.org.au**  
it's a good day for it

