



OUR PURPOSE

Understanding starts together

A facilitated community conversation about mental health and wellbeing. The Circle makes space for learning, questions and different perspectives, helping reduce stigma and build confidence in seeking support.

Come with curiosity.
Take part in your own way.

LET'S CONNECT

Register your interest

The Community Mental Health Circle is coming soon. Register interest or enquire about hosting. We can discuss your group, access needs and possible arrangements.

A session is approximately 90 minutes, with arrangements confirmed by enquiry.

No personal disclosure is required.

Contact us for launch updates and hosting information.



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Explore programs and current information online.



COMMUNITY CONVERSATION

A place to listen, learn and connect.

Community Mental Health Circle

01

What is the Circle?

A welcoming space for mental health literacy and shared learning.

Understand wellbeing

Explore how mental health connects with everyday life.

Make room for culture

Recognise different words, beliefs and experiences.

Build confidence

Discuss respectful ways to ask questions and connect with support.

02

What we talk about

Practical topics, guided by the facilitator and the group.

Mental health in everyday life

Understanding wellbeing and noticing changes.

Stigma and barriers

How shame, language and assumptions can affect help seeking.

Supportive conversations

Listening, asking with care and respecting choice.

Finding appropriate help

Understanding roles, professional support and community connections.

You do not need previous mental health knowledge to participate.

03

What you can expect

Your choice and comfort matter.

Listen, speak or pass

Ask a question, reflect quietly or choose not to contribute.

Respectful facilitation

Space for different perspectives and culturally respectful conversation.

Practical next steps

Leave with clearer information and ideas for connecting with support.

Respect each other's privacy.