



# MENTAL HEALTH WEEK OCTOBER 2024

Storyboard and Scorecard



TOWN OF  
VICTORIA PARK



act belong commit<sup>TM</sup>

## Mental Health Week 2024 Storyboard

We invested **\$5,000**



...in **13** activities



... for a total of **1,500** participants



... improving awareness of mental health supports



...and promoting positive mental health strategies



**...contributing to improved wellbeing of people in the Town of Victoria Park.**

## Mental Health Week 2024 Scorecard

### How much did we do?

**\$5,000** budget

**1,500** participants

**8** partnerships

- Vic Park Community Centre
- Vic Park Library
- Lions Club
- Connect Vic Park
- Activ8
- Kensington Bushland
- Vic Park Farmers Markets
- Helping Minds

**13** events

- Picnic in the Park
- Hats off to Mental Health
- Discover Resilience wellbeing sessions x 4
- Thrive Together
- Butterfly Gardening
- Youth Consent and Healthy Relationships
- Eco-anxiety
- *The Grey Line* screening
- Community Kindness giveaways x 2

### How well did we do it?

**96%** of survey respondents said activities made them feel safe and included

**94%** said they learnt something new

**93%** said it made them feel safe and welcome

**89%** said it had a positive impact on their mental wellbeing

### Participant feedback

"I realised I wasn't doing great mentally, and it prompted me to talk to my closest and safest person which made me feel better."

"A timely reminder and a reset to remember to be kind to myself and others, be grateful for what I have, love life for what it is instead of what it isn't."

### Who benefits?

People with mental health concerns, their families and friends

Young people

Aboriginal and/or Torres Strait Islander people

Seniors

LGBTQIA+ people

People with disability

People born overseas

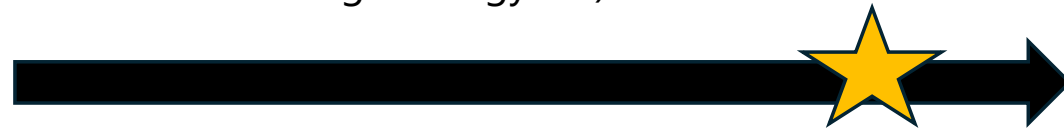
Wider community

## Mental Health Week 2024 Scorecard

**Theory of Change:** By delivering a range of mental health initiatives during Mental Health Week we raised awareness of mental health supports and strategies and contributed to improved mental health for our community (Public Health and Wellbeing Strategy 1.2).

**Degree of alignment to Theory of Change: 89%\***

\*based on 41 survey responses



Inputs	Activities	Outputs	Short-term Outcomes	Mid-term Outcomes	Strategic Alignment
<b>\$5,000</b> budget 8 partnerships Venues Facilitators	<ul style="list-style-type: none"><li>Picnic in the Park</li><li>Hats off to Mental Health</li><li>Discover Resilience wellbeing sessions x 4</li><li>Thrive Together</li><li>Butterfly Gardening</li><li>Youth Consent and Healthy Relationships</li><li>Eco-anxiety</li><li><a href="#">The Grey Line</a> screening</li><li>Community Kindness giveaways x 2</li></ul>	<b>13</b> events <b>1,500</b> participants Resources	Improved awareness of mental health supports available  Improved awareness of mental health strategies  Improved awareness of how to support people on a mental health journey	Increased access to mental health supports  Improved sense of safety and belonging among people on a mental health journey	Our community is more mentally healthy  (Public Health and Wellbeing Strategy 1.2)