

# CELEBRATING DIVERSITY & WELLBEING

Stories are strong. Sharing our stories is powerful and helps us to connect. Celebrating diversity in our lives, workplaces and communities gives us a chance to show we care, break down a barrier and make everyone feel welcome and understood.

*"I've got anxiety and depression. Everyone has issues to deal with, but for me it's been a big part of my life. So, I took on the push-up challenge to raise funds for mental health. It's pretty meaningful to be able to do something for others."*

Sam: 'Healing Through Culture' (Stories Are Strong)

*"It matters because every gesture of inclusion is a way we can work towards less suffering in our communities."*

HeLen: 'Finding Your Tribe' (Stories Are Strong)

*"Have a rainbow sticker on your window, call out homophobia, Google and educate yourself on how to be inclusive, celebrate events – that sort of thing, we need everyone's support. Even the smallest gesture means so much."*

HeLen: 'Finding Your Tribe' (Stories Are Strong)

*"I'm part of the longest living culture in the world, so by uplifting me or any other Aboriginal/Torres Strait Islander person you're helping us to carry on the legacy of over 40,000 years' worth of knowledge and tradition. I'm saying this because I believe culture gives us our purpose in life and can help mend some of those mental health problems."*

Sam: 'Healing Through Culture' (Stories Are Strong)

*"Their websites had absolutely nothing about diversity or LGBTIQ, and if you've got nothing there in the two major organisations in your town, you just collapse."*

Sally: 'Never A Step Too Far' (Stories Are Strong)

*Staff from Council, Bass Coast Health and members of SCIN now proudly march as Team Bass Coast in the annual Pride March.*

Geoff: 'Conversation Starter' (Stories Are Strong)

# CELEBRATE & CONNECT

Month	Event name and date	Month	Event name and date	Month	Event name and date	Month	Event name and date
January	<b>Midsumma Festival</b> 17 January – 7 February	April		July	<b>NAIDOC Week</b> 5 – 12 July	October	<b>World Mental Health Day</b> 10 October
	<b>Midsumma Pride March</b> Sunday 31 January	May	<b>Domestic Violence Awareness Month</b> <b>Push-up Challenge</b> 11 – 31 May	August	<b>Wear it Purple Day</b> August 30		<b>Mental Health Week</b> 10 – 17 October
February	<b>Midsumma Festival</b> Until 7 February		<b>International Day Against Homophobia, Biphobia, Interphobia and Transphobia</b> May 17	September	<b>Liptember</b> <b>RUOK? Day</b> 10 September	November	<b>Headspace Day</b> 11 October
March	<b>International Women's Day</b> 8 March	<b>National Sorry Day</b> 26 May	<b>World Suicide Prevention Day</b> 10 September				<b>November</b>
	<b>International Day of Happiness</b> <b>National Close the Gap Day</b> 17 March	<b>National Reconciliation Week</b> 27 May – 3 June	June	<b>Women's Health Week</b> 7 – 11 September 2020	<b>International Survivors of Suicide Loss Day</b> 21 November		
<b>Harmony Day</b> 21 March	<b>Men's Health Week</b> 15 – 21 June				December	<b>International Day of Persons with Disabilities</b> December 3	
		<b>World Refugee Day</b> 20th June					

NB. Dates may change, so check website for updates.

## ABORIGINAL & TORRES STRAIT ISLANDER

### National Close the Gap Day (17 March)

To close the gap in health and life expectancy outcomes between Aboriginal and Torres Strait Islander Peoples and non-Indigenous Australians within a generation. [www.antar.org.au](http://www.antar.org.au)

### National Sorry Day (26 May)

A day to acknowledge the strength of the Stolen Generation's survivors. [www.healingfoundation.org.au](http://www.healingfoundation.org.au)

### National Reconciliation Week (27 May – 3 June)

Learn about our shared histories, cultures and achievements and to explore how each of us can contribute to achieving reconciliation in Australia. [www.reconciliation.org.au](http://www.reconciliation.org.au)

### NAIDOC Week (5 July – 12 July)

Celebrate the history, culture and achievements of Aboriginal and Torres Strait Islander Peoples. [www.naidoc.org.au](http://www.naidoc.org.au)

## MENTAL HEALTH AWARENESS

### Push-up Challenge (11 – 31 May)

Complete 3,046 push-ups over 21 days and raise funds and awareness for mental health. [www.thepushupchallenge.com.au](http://www.thepushupchallenge.com.au)

### RUOK? Day (10 September)

A day of action to encourage everyone to ask 'are you okay?' [www.ruok.org.au](http://www.ruok.org.au)

### Mental Health Week (10 – 17 October)

Help reduce the stigma of mental illness. [www.mhvic.org.au](http://www.mhvic.org.au)

### World Mental Health Day (10 October)

Host a 'morning tea for mental health' at 10.10am. [www.1010.org.au](http://www.1010.org.au)

### Headspace Day (11 October)

A national day of support for mental health and wellbeing of young people. [www.headspace.org.au](http://www.headspace.org.au)

### Movember (November)

Raising awareness and funds for men's health. Men are encouraged to grow a 'mo' for the month of November to show support. [www.movember.com](http://www.movember.com)

### International Survivors of Suicide Loss Day (21 November)

Pathways to healing, a story of hope and reclaiming life after loss; these are all themes for caring for those who have lost someone to suicide. [www.afsp.org](http://www.afsp.org)

### Domestic violence White Ribbon Day (25 November)

White Ribbon Day signals the beginning of 16 days of activism to stop violence against women. Show your support by tying a white cloth to your front gate. [www.whiteribbon.org.au](http://www.whiteribbon.org.au)

### Inclusion for all Harmony Day (21 March)

A day to celebrate our multi-cultural Australia. Wear orange throughout Harmony Week to show support for a culturally diverse and inclusive Australia. [www.harmony.gov.au](http://www.harmony.gov.au)

### International Day of Persons with Disabilities (December 3)

For raising awareness, understanding and acceptance of people with disabilities and celebrate their achievements and contributions. [www.idpwd.org](http://www.idpwd.org)

## LGBTIQ+

### Midsumma Festival: (17 January – 7 February)

Midsumma Festival is Australia's premier queer arts and cultural festival, bringing together a diverse mix of LGBTQIA+ artists, performers, communities and audiences.

### Midsumma Pride March: (31 January)

We all march in solidarity for those who cannot. [www.midsumma.org.au](http://www.midsumma.org.au)

### International Day Against Homophobia, Biphobia, Interphobia and Transphobia (17 May)

Stand with the LGBTIQ+ community as an ALLY and host an all-inclusive rainbow event and/or wear a rainbow ribbon. [www.idahobbit.org.au](http://www.idahobbit.org.au)

### Wear it Purple Day (30 August)

Wear purple to show your support for LGBTIQ+ people within our local community. [www.wearitpurple.org](http://www.wearitpurple.org)

### Show your colours Liptember (September)

Purchase a 'Liptember' lipstick or wear a bright lip colour of your own to raise awareness of women's mental health. [www.liptember.com.au](http://www.liptember.com.au)

### The Transgender Day of Remembrance or International Transgender Day of Remembrance (TDOR 20 November)

Transgender Awareness Week to help raise visibility for transgender people and address issues the community faces. [www.glaad.org/tdor](http://www.glaad.org/tdor)



### **Access and inclusion for all**

Campaigns for a better world  
United Nations Free and Equal – The United Nations global campaign against homophobia and transphobia  
[www.unfe.org/campaigns/](http://www.unfe.org/campaigns/)

### **Close the Gap**

Close the health and life expectancy gap between Aboriginal and Torres Strait Islander Peoples and non-indigenous Australians  
[www.humanrights.gov.au/our-work/aboriginal-and-torres-strait-islander-social-justice/projects/close-gap-indigenous-health](http://www.humanrights.gov.au/our-work/aboriginal-and-torres-strait-islander-social-justice/projects/close-gap-indigenous-health)

### **Change the record**

Let's change the record on Aboriginal and Torres Strait Islander incarcerations  
[www.changetherecord.org.au](http://www.changetherecord.org.au)

*Remember, this is just a snapshot of some of the events and campaigns which run annually. Dates may change, so please check websites for planning.*

## CASUAL EVENTS TO KEEP YOU CONNECTED

One of the best ways you can stay connected in your local area is to attend local community events. If you haven't found your tribe yet or are finding it difficult to reach out, check out small, local events such as markets for an opportunity to mingle with others who may be feeling the same.

### **You can find out more information on the events pages of your local area**

Bass Coast: [www.basscoast.vic.gov.au](http://www.basscoast.vic.gov.au)  
South Gippsland: [www.southgippsland.vic.gov.au](http://www.southgippsland.vic.gov.au)  
Baw Baw: [www.bawbawshire.vic.gov.au](http://www.bawbawshire.vic.gov.au)  
Latrobe: [www.latrobe.vic.gov.au](http://www.latrobe.vic.gov.au)  
Wellington: [www.wellington.vic.gov.au](http://www.wellington.vic.gov.au)  
East Gippsland: [www.visiteastgippsland.com.au](http://www.visiteastgippsland.com.au)

### **#storiesstrong**

## WHO TO CONTACT

**Lifeline 13 11 14**  
**Beyond Blue 1300 22 4636**  
[www.beyondblue.org.au](http://www.beyondblue.org.au)  
**Suicide Call Back Service**  
**1300 659 467**  
**Seahorse Victoria 0401 455 198**  
[www.seahorsevic.com.au](http://www.seahorsevic.com.au)  
**South Coast Inclusion Network (SCIN) Inc.** [www.scin.org.au](http://www.scin.org.au)  
**Switchboard Victoria 1800 184 527**  
[www.switchboard.org.au](http://www.switchboard.org.au)  
**Yarning SafeNStrong 1800 959 563**  
[www.vahs.org.au/yarning-safenstrong](http://www.vahs.org.au/yarning-safenstrong)  
**Headspace Wonthaggi**  
**03 5671 5900**  
**Emergency 000**

This article is part of the #storiesstrong suicide prevention campaign which highlights a series of twenty articles developed by a diverse range of people with lived experience of suicide and experts in the field.

**Stories Are Strong** is an initiative of the **Place-Based Suicide Prevention Trials** project which is jointly funded by the Victorian Department of Health and Human Services and Gippsland PHN.

For more information visit [www.gphn.org.au](http://www.gphn.org.au)



An Australian Government Initiative

Gippsland PHN acknowledges Aboriginal and Torres Strait Islander people as the traditional owners of country throughout Victoria and their continuing connection to land, sea and community. We pay our respects to them, their cultures and their elders past and present. We also recognise, respect and affirm the central role played in our work by people with lived experience, their families and/or carers. Gippsland PHN is committed to providing inclusive services and work environments where people of all backgrounds, sexualities, genders, cultures, spiritual beliefs, age, bodies and abilities are valued, supported and celebrated.

