

2025



Events

JANUARY

MARCH

Healthy Heads Road Show in Victoria

Melanoma month – Melanoma Institute Australia

11- Psychological Health and Safety Action Plan Workshop delivered by AP Psychology - Part One

12- 9.30am-1 pm: Accidental Counsellor Workshop delivered by Lifeline

18- 9.30am-11am: Mind Your Mates Workshop delivered by Lifeline

20 – International Day of Happiness

21 - National Day Against Bullying & Violence

25- 9am-12pm: Managing Team Wellbeing Online Workshop

25- Psychological Health and Safety Action Plan Workshop delivered by AP Psychology - Part Two

FEBRUARY

APRIL

Healthy Heads Road Show in New South Wales

7 – World Health Day

28 – World Day for Safety & Health at work

MAY

Healthy Heads Road Show in Queensland

6 – R U OK? in Trucks & Sheds National Day

11-17 - Women's Health Week

11-18 - National Road Safety Week

15-18 – Brisbane Truck Show

20- 9.30am-1 pm: Accidental Counsellor Workshop delivered by Lifeline

22- 11am-1pm: Your Mental Health at Work Online Workshop

27- 9.30am-11am: Mind Your Mates Workshop delivered by Lifeline

28 – Womens Health Day

28- 11am-2pm: Managing Team Wellbeing Online Workshop

JUNE

Healthy Heads Road Show in Northern Territory

3- 9.30am-1 pm: Accidental Counsellor Workshop delivered by Lifeline

4- 9am-10.30am: Mind Your Mates Workshop delivered by Lifeline

4- 12pm-1.30pm: Mind Your Mates Workshop delivered by Lifeline

9-15 – Men's Health Week

12- 9am-12pm: Managing Team Wellbeing Online Workshop

19- 9.30am-1 pm: Accidental Counsellor Workshop delivered by Lifeline

JULY

Healthy Heads Road Show in Western Australia

22-24 - CeMAT

30 – International Day of Friendship

AUGUST

Healthy Heads Road Show in South Australia

12-16 – Bullying No Way Week

TBC - HHTS Partner & Supporter Event

SEPTEMBER

Healthy Heads Road Show in New South Wales

10 – World Suicide Prevention Day

11 – R U OK? Day

TBC- Healthy Heads Industry Forum

OCTOBER

Mental Health Month

NOVEMBER

DECEMBER