



**Mental Health Week** is a national week celebrated each year in October incorporating World Mental Health Day on October 10. This year's Mental Health Week theme is **Mental health starts with out children**. To recognise how a person's mental health reflects the interaction of a lifetime of individual and lifestyle factors. To celebrate Mental Health week Hedland is coming together where we Live, Work and Play as a community to promote mental wellbeing across our community.

## **Mental Health Week**

### **DODGEBALL Tournament**

**Friday 15<sup>th</sup> October 3pm-6pm**

### **Team Nomination Form**

Team Name \_\_\_\_\_

Team Captain Name and contact \_\_\_\_\_

Name	Contact Information	Adult/ Youth Participant

Each Dodgeball team will have 8 players and 2 subs. The competition will be played as a Knockout competition with prizes.

Forward your nomination form to [kesi-maree.prior@health.wa.gov.au](mailto:kesi-maree.prior@health.wa.gov.au) or call 0455 114 337 for more information.