

Mental Health



Work with key organisations and individuals to increase awareness and understanding to provide better support to community members.



Create opportunities for social connection in the community to combat loneliness and reduce isolation through events and programs.



Offer training and education to key staff and volunteers.



Promote key events and dates to raise awareness and calls to action to address mental health in the community.



Raise the awareness of existing mental health services and advocate for additional supports where there are gaps in the community.

Our Team

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WESTERN HEALTH

Health Promotion Team

Partner with us to improve
the health of the community

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Western Health

Who are we?

We are the Health Promotion Team from Western Health, a small team who work in the City of Melton and Moorabool Shire to improve the health and wellbeing of the community.

We work with our partners to develop and deliver sustainable projects including programs, education, policy, advocacy and awareness around Victorian health priorities. Our plan for 2021-2025 has us focusing on healthy eating, active living and mental health.

We apply a 'social justice lens' to our work, meaning that we seek to be equitable for community groups that may be disadvantaged by their gender, cultural or racial background, disability, age, sexuality or sexual identity, income or other factors. We are keen to partner with organisations that share these values looking to improve health in the community.

What do we do?

Below are some examples of what our team can support you with for each priority. This list is not exhaustive, if you have any ideas of how you'd like to be supported to improve health outcomes please contact us to discuss!

Healthy Eating



Support healthy food in sporting clubs, schools, health services, community spaces and more.



Work with organisations to conduct healthy food audits.



Offer education and training to key staff and volunteers.



Promote healthy eating for community through events, programs and awareness raising.



Support environmental changes that promote healthy eating such as community gardens and healthier vending machines.



Promote food choices as a tool to reduce the impact of climate change, such as eat local and increase vegetable intake.

Physical Activity



Promote active travel options such as walking and cycling for better physical fitness and responding to climate change.



Working with partners, audit and promote active travel links while advocating for more where they are lacking in the community.



Encourage women and girls participation in sport both in playing positions and club leadership.



Offer training and education to key staff and volunteers.



Work with sporting clubs to create welcoming and inclusive environments that encourage participation in physical activity and growth of local clubs.