

MAREEBA MENTAL HEALTH CHAMPIONS NETWORK

An initiative of [Mareeba & Communities Family Healthcare](#) and the [Black Cockatoo Foundation](#)



ABOUT US

In 2022, Mareeba and Communities Family Healthcare (MCFHC) received funding from the Queensland Mental Health Commission (QMHC) to establish the Mareeba Mental Health Champions Network.

This volunteer-based initiative brings together representatives from families, churches, sporting clubs, cultural groups, workplaces, and community organisations to strengthen wellbeing, increase mental health awareness, and build a connected and caring community.

The Network aims to:

- Promote positive mental health and wellbeing in the Mareeba community
- Strengthen community connections and support across Mareeba
- Encourage early conversations and help-seeking
- Reduce stigma within the community

MCFHC coordinates and supports community members through a clear, step-by-step program pathway.

LOOKING OUT FOR EACH OTHER.

BUILDING A STRONGER, MORE CONNECTED MAREEBA COMMUNITY.

PROGRAM PATHWAY

After attending an initial 'Community Information Session', community members may choose to undertake Wellbeing Awareness training, as well as Mental Health First Aid Training, and joining the Kitchen Table Conversation series.



Community Information Sessions

Introductory sessions promoted through local media and networks that explain the purpose of the Champions Network, what's involved, and how community members can participate.



Wellbeing Awareness (½ Day Program)

Level 1 is a short, interactive workshop open to anyone in the Mareeba community. Participants learn the basics of mental health and wellbeing, how to recognise when someone may need support, and how to start safe, caring conversations.



All participants who have completed Level 1 (Wellbeing Awareness) through to Mental Health First Aid are invited to join the network.



Pictured: MHCN Members in Mareeba.



Kitchen Table Conversations

After MHFA training, participants join learning circles that focus on applying skills in everyday life, strengthening peer support, and maintaining personal wellbeing.



Mental Health First Aid (MHFA) Training

This 2-day training provides practical skills and knowledge to support people who may be experiencing mental health challenges and to connect them with appropriate help.



ONGOING DEVELOPMENT

Members of the Mareeba Mental Health Champions Network receive ongoing professional and peer support, access to networking events, and opportunities to contribute to community wellbeing activities.

If you are interested to know more, or ready to join the Mareeba Mental Health Champions Network, we'd love to hear from you!
Simply email us at admin@mcfhealth.com.au, follow us on Facebook or visit our website at: www.mcfhealth.com.au