

This event is supported by funding from the Targeted Regional Initiatives for Suicide Prevention (TRISP) and mental health programs through WA Primary Health Alliance (WAPHA).

The Big 5 – Simple Steps for Better Mental Health

Free event
for members

WEDNESDAY 20 MAY 2026 | 6.00pm to 9.00pm
Dinner provided - **THIS IS A TICKETED EVENT**

Kalgoorlie Overland Motel, 566 Hannan Street, Kalgoorlie

Places are limited. Registrations are essential. Scan the QR code or visit:
ruralhealthwest.eventsair.com/gohpn200526e-kal/reg



We all know how to care for our physical health - but what about our mental wellbeing?

In this 60-minute interactive session, Professor Nick Titov shares insights from nearly 20 years of research, including studies with over 20,000 Australians. Discover the “Big 5” key areas for good mental health: meaningful activities, healthy thinking, goals and plans, healthy routines, and social connections.

Learn practical, evidence-based strategies you can use every day to support your own mental health - and those around you.

Preparation resources:

- Watch the **Big 5 introduction video**
- Visit the **Big 5 website** and take a look at our online quiz, and downloadable self-assessment checklist and digital journal.



Nick Titov is a Professor of Psychology at Macquarie University, a Clinical Psychologist and Scientific Advisor at the Australian MindSpot Clinic. Nick has worked on >100 trials of psychological interventions across five countries and has published >300 peer reviewed scientific papers. He serves on multiple advisory groups to national and international organisations advising on digital mental health strategy. In recognition of his significant services to digital mental health, Nick received an Order of Australia in 2025.

Visit gohpn.com.au/network to join as a member (membership is free). For more information, please email GOHPN Regional Program Coordinator Hayley Selleck at gohpn@ruralhw.com.au

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