

## A MENTAL HEALTH MESSAGE

### ZOUK STATION ATTENDEES

#### - CHECK IN WITH YOUR SELF -

To all prospective attendees,

Zouk Station is a popular and long-running community event in Australia's dance calendar. Unlike other festivals, there's quite a communal vibe where we spend a lot of time in each other's space. The community connection is part of what makes the event so special, and so it's always been more than just about dancing.

Connection with others is generally great for mental health, but this particular setting may not be for everyone. Particularly since the pandemic, I've noticed a slight uptick in people excluding themselves from certain settings because they feel "they are not ready to mix with so many people this time," or there could be an issue relating to others.

If you feel that there's a good chance these type of issues will affect your experience at any event – not just this one – it's always better to simply exclude yourself from attending. Afterall, the whole idea is for you to leave the event feeling better than when you arrived. Check in with yourself, become aware and take responsibility for your own peace of mind.

It is not the role of the organiser to regulate or adjudicate on every interaction you have with others at a partner dancing event, however if you feel that an incident warrants our attention, we have a process to follow and will do our best to assist. There will always be someone rostered on at Zouk Station that you can talk to.

Yours sincerely,

Alex Bousgas

For mental health support:

Lifeline 13 11 14

Beyond Blue 1300 224 636