



MENTAL HEALTH MONTH ACT

Media release

Applications open for Mental Health Month ACT event grants of up to \$5000

Embargoed until 12.01am, 17 May 2022

Groups and organisations in the ACT can now apply for reimbursement grants of up to \$5000 to help run events that build and maintain our community's mental health and wellbeing during Mental Health Week from 8 to 16 October 2022.

The 2022 Mental Health Month ACT Reimbursement Grant Program is open to community-based groups, organisations, charities, schools, universities or faith-based groups in the ACT.

"There really is no limit on the scope of events or activities that groups can apply for funding for, as long as they are positive, encouraging, informative and supportive events about mental health and wellbeing," said Mental Health Community Coalition ACT (MHCC ACT) CEO Bec Cody.

Mental Health Week is part of the wider Mental Health Month ACT, held in October each year and coordinated by MHCC ACT.

"Mental Health Month is an opportunity to raise community awareness and understanding of mental health, reduce the stigma and discrimination associated with mental health conditions, and promote positive mental health and wellbeing," said Ms Cody.

"The 2022 Mental Health Month ACT theme is *Awareness, Belonging, Connection*.

"It is about coming together not only to find out how to care for our own mental wellbeing, but to learn how to reach out to others to give them support, and build networks to help us be happy and healthy."

Community-run events play a significant role in the ACT's Mental Health Month program, with around 30 to 40 events occurring in previous years.

In a large increase from previous years, Mental Health Month ACT, together with the ACT Government, is providing reimbursement grants of up to \$5000 to support community events in 2022.

"We wanted to allow for a wider range of community events this year," Ms Cody said.

"This funding will allow us to support a few larger events while still helping the smaller ones that have been the backbone of Mental Health Month ACT in previous years."

Applications for the 2022 Mental Health Month ACT Reimbursement Grant are open until 30 June 2022.

Learn more and apply at: www.mentalhealthmonthact.org/grants-program

For full details about Mental Health Month ACT, visit www.mentalhealthmonthact.org



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Images: Official logos, photos and other resources are available at www.mentalhealthmonthact.org/resources

Mental Health Month ACT is coordinated by the Mental Health Community Coalition ACT in partnership with ACT Health and the Mental Health Month ACT Advisory Committee.