

Mental Health Month Grant Program provides \$1000 for communities to host an event this October.

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Reimbursement grants of up \$1000 are available for organisations, community groups, schools, universities and faith-based groups to host events for Mental Health Month ACT in October 2021.

Mental Health Month occurs each October in the ACT and is coordinated by The Mental Health Community Coalition of the ACT (MHCC ACT).

MHCC ACT CEO Bec Cody states, “Mental Health Month is about encouraging positive attitudes towards wellbeing and reducing the stigma around mental health and mental illness. It is a time for the Canberra community to come together and look after the mental wellbeing of all.”

Community run events play a major role in the ACT’s Mental Health Month program with around 30-40 events happening across October in previous years. Mental Health Month, together with the ACT Government, provide reimbursement grants of up to \$1000 to support community events.

The Mental Health Month Grant applications opened in April and will close on Friday 18 June 2021. Applications are encouraged to promote positive mental health, in line with the year's theme, and to address the needs of our diverse Canberra community.

The 2021 theme ‘Navigate your mental health’ will explore the mental health journey through events and resources that guide and support wellbeing, connection and access across the Canberra community.

Bec Cody says “Knowing who to talk to, where to go, and what you can do in your own life to support positive mental health and wellbeing is so important to our overall wellbeing, as individuals and as a community.”

“Navigate your mental health is as much about learning how to look after our mental health, as it is about knowing how to navigate the mental health system.”

Learn more about applying for a reimbursement grant at:

<https://www.mentalhealthmonthact.org/grants-program>

For full details about Mental Health Month in the 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 of the ACT in partnership with ACT Health and Mental Health Month advisory committee.