



Grant funding for community events supports positive mental health in Canberra

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Mental Health Month announces up to 30 grant funded events for the Canberra community to be held throughout October this year. Organisations are granted up to \$1000 to run an event for Mental Health Month this October and help Canberrans navigate their mental health.

Mental Health Month ACT Coordinator Alison Hall says “The community events are a vital part of Mental Health Month. We are excited to be supporting so many wonderful events that the community can get involved in during October.”

“We have such a diverse range of events happening this year from mental health first aid courses, to walks, talks, craft workshops, gardening, self-care sessions, wellbeing festivals and fun days and the annual This is My Brave Australia international mental health film festival.”

Tim Daly, Founder of This is my Brave in Australia (TIMBA), says “TIMBA inc supports Mental Health Month and believes it is an important vehicle through which the community can be exposed to mental health services and activities available across Canberra and importantly allows, through the associated reimbursement program, community groups to produce activities that the general public can be involved in.”

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.

This year TIMBA and Mental Health Month ACT will also join forces to deliver a Mental Health & Wellbeing community expo in Gungahlin, as part of TIMBA’s Creative Minds Gungahlin Mental Health Film and Arts Festival throughout October.

Ms. Hall says, “The Mental Health & Wellbeing Community Expo’s are being delivered across Canberra’s five major town centres, with events on different dates in Civic, Woden, Tuggeranong and Belconnen, as well as the TIMBA partner event held in Gungahlin on Sunday October 17.”

See the full list of Grant funded events for Mental Health Month below or online.

To find out more about TIMBA’s Creative Minds Gungahlin Mental Health Film and Arts Festival head to <https://www.thisismybraveaustralia.com/creative-minds-festival>

To find out how you can get involved in the Mental Health & Wellbeing Community Expo head to <https://www.mentalhealthmonthact.org/expo>

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

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Mental Health Month ACT Reimbursement Grant – successful recipients for 2021

MUMS EXERCISE GROUP AUSTRALIA PTY. LTD.	MEGA Mums Family Day	17/10/2021
The RSI and Overuse Injury Association of the ACT	Exercising your mind and body	12/10/2021
Good Shepherd Community Church	Caring for The Carers	16/10/2021
Pakistan Australia Friendship Association	PAFA Community health & wellbeing	17/10/2021
Anglicare NSW South, NSW West and ACT	Self-Care Packs and Snacks	20/10/2021
headspace Tuggeranong - Youth Reference Group	Mental Health - Know your Basics	11/10/2021
Red Flag Canberra	Red Flag Canberra Free Mental Health First Aid Certificate Course	2/10/2021
Arawang Primary School P&C Committee	Parent Connect Fun Day and Family BBQ	17/10/2021
Perinatal Wellbeing Centre	Perinatal Wellbeing Fest	07/10/2021
ACT Mental Health Consumer Network	A Beary Lovely Morning	21/10/2021
This Is My Brave Australia Inc.	4th International This Is My Brave Mental Health Film Festival	10/10/2021
Canberra Community Law	Mental Health and Centrelink - Your Rights	8/10/2021
Hawker College	Mental Health Week	11/10/2021
Catholic Education Canberra and Goulburn	Mental Health First Aid	18/10/2021
Gungahlin College	Crocheting for Positive Mental Health and Well-being	10/10/2021
Saint Vincents De Paul Society - Canberra/Goulburn - Compeer Program	"Walk for good mental health"	23/10/2021
Marymead Child and Family Centre	Marymead's Self-care Scavenger Hunt	11/10/2021
Aeon Academy	Good Times in the Garden	8/10/2021

Canberra High School	CHS Mental Health Ambassadors Program	19/10/2021
Multicultural Association of Canberra	Mental Wellness and wellbeing for Indian Senior group	9/10/2021
WildTalking Ltd	Self-care: What's your oxygen mask	8/10/2021
DEiFY	Spiritual Healing on Colonised Land	3/10/2021
Support Asian Women's Association Inc.	A Healthy Mind for A Happy Life	16/10/2021
Belconnen Community Men's Shed	Shining a light on Depression	20/10/2021
Wellways	Mindful Clay Workshop	9/10/2021
Burgmann College	Treat Yourself Day	30/10/2021
Freeeee Floral Frock Fringe Festival	24th Freeeee Floral Frock Fringe Festival	17/10/2021
Parentline ACT Inc.	Mental health Week Volunteer Lunch	15/10/2021