

Mental Health Week 2011

Small Grants Program



What is Mental Health Week?

National Mental Health Week is an annual event celebrated in Australia and over 100 countries in an effort to increase the public's understanding of mental illness, encourage the reduction of stigma and discrimination against people living with mental illness, and promote positive mental health. This year Mental Health Week runs from the 9th to 15th of October 2011.

What is the Theme for Mental Health Week 2011?

The theme for Mental Health Week this year is **'No Health without Mental Health'**. Building on this theme, here in the ACT we are also promoting the idea of getting connected. Connecting with people around you, with family, friends, colleagues and neighbours, at home, work, school or in your local community. Building these connections will support and enrich us every day.

In Australia, one in five people will experience some form of mental illness each year. Three out of ten will be seriously affected. The personal, social and financial costs associated with mental health problems are alarming. Mental health problems can impact on a number of areas in a person's life, contributing to personal distress, social problems such as substance misuse, absenteeism from work, family and relationship troubles and physical illnesses.

The good news is there are things we all can do to promote our wellbeing. Being mentally healthy comprises two main elements: feeling good and functioning well. Feelings of happiness, contentment, enjoyment, curiosity and engagement are characteristic of someone who has a positive experience of their life. Equally important for well-being is our functioning in the world. Experiencing positive relationships, having some control over one's life and having a sense of purpose are all important attributes of wellbeing

Mental health is a state of well-being. People can build positive mental health by keeping physically, mentally and socially active; by keeping involved in family and community activities and participating in community events; and by taking on challenges or causes that provide meaning and purpose in their lives.

Objectives of Mental Health Week

- Raise awareness about and promote mental wellness
- Represent positive attitudes towards mental illness - decrease the stigma surrounding mental illness
- Increase help-seeking or preventative behaviors
- Celebrate the achievements and recovery of people who live with mental illness, their families and carers
- Activities that emphasise the theme of connection



Why should you be involved?

Mental Health Week is an opportunity to raise awareness about mental health in your local community. It helps to remind us all that mental health is a positive term about wellbeing and happiness, not only about illness. It's something for everyone to think about. It's a chance to educate and inform people in your local area, or any other sector of the community.

Small Grants Program

ACT Health will offer reimbursement amounts to assist community organisations with mental health promotion activities during Mental Health Week 2011. Mental health promotion encompasses a range of activities that maximise the mental health and wellbeing of individuals and the wider ACT community. The scope of Mental Health Week activities is only limited by your imagination and enthusiasm. Small reimbursement amounts will be provided on a cost recovery basis to community organisations who demonstrate their project or activity will contribute to the objectives of Mental Health Week by meeting the following criteria:

- Increase public understanding of mental illness
- Encourage the reduction of stigma and discrimination
- Promote positive mental health
- Celebrate the achievements and recovery of people who live with mental illness, their families and carers
- Emphasises the theme of connection

Applications

Applications will open on Monday 12th July 2011. Proposals from all ACT community organisations with an ABN to undertake a project or activity will be considered by a community mental health planning committee consisting of representatives of ACT Health, ACT Mental Health Community Coalition, Mental Illness Fellowship Victoria, ACT Mental Health Consumer Network, Mental Health Foundation and Menslink.

Please note: Funds are not available for food, hiring stalls, or purchasing Mental Health Week products. However, they will be reimbursed for exhibitions, publications, guest speakers and other activities (Any queries please direct to contact below).

Reimbursement amounts

Reimbursements up to \$1500 will be considered and provided on a cost recovery basis. If your proposal is successful, you will be notified in writing of the maximum amount of your reimbursement and organisations will be reimbursed for purchases up to that amount.

Tax invoices must include the GST - examples are shown below:

<u>Reimbursement</u>	<u>GST</u>	<u>Total Invoice</u>
\$200	\$20	\$220
\$500	\$50	\$550
\$1000	\$100	\$1100



Application Forms

Community organisations can apply for a reimbursement in the following way:

- **Email** it to: gavinb@mifellowship.org or
- **Post** to: Mental Health Week Grant
PO Box 1204
Dickson
Canberra ACT 2602

All application forms must be received by Friday 12th August 2011.

Enquiries can be directed to Gavin Bussenschutt:

Ph: 02 6245 6400

Email: gavinb@mifellowship.org

Checklist

Please tick off the items below to ensure you have completed your reimbursement application:

- I have completed the reimbursement application form
- I have indicated the amount I am applying for
- I have included a brief description of the event or activity I am planning during Mental Health Week 2011
- I have provided a separate budget which outlines how I intend to spend the money if it is awarded to my community organisation.
- If we are successful in receiving notification of a maximum amount of reimbursement, we are prepared to plan and stage our event during Mental Health Week 2011 (9th to 15th October) and will advise ACT Health if the event cannot proceed for any reason.
- I have provided my organisations ABN.
- I agree to have my organisations event included in a Mental Health Week activity calendar.



Mental Health Week 2011
Community Organisation Small Grants Application Form 2011
Please complete and return by 5pm, Friday 12th August 2011
(Details on previous page).

To apply for an ACT Mental Health Week 2011 reimbursement please clearly print your details on the form below and return this form along with a copy of the proposed budget for your planned activity or event .

We wish to apply for a reimbursement to the value of \$..... (ex GST)

1. Contact Details

Name:

Organisation:

Position:

Address:

Phone:

Fax

Email

2. ABN of the Organisation:

3. Brief Description of the activity:

(Including the expected attendance, target audience, partners, project goals and how it ties in with mental health week objectives. If you need more space please attach a maximum of one A4 page.

4. Agreement:

If I am successful in my application for a Mental Health Week 2011 community organisation reimbursement amount and I am not able to hold the above event during Mental Health Week 2011, I agree to notify ACT Health in writing.

Signature:

Date:

