

MEDIA RELEASE

7 September 2016

Community grants spread mental health awareness across the state

WESTERN Australia's peak body for community mental health, the WA Association for Mental Health (WAAMH) in association with the Mental Health Commission, Principal Supporter, Lotterywest, and Country Community Grants Supporter, the WA Primary Health Alliance (WAPHA), are pleased to announce the successful grant applicants for this year's Mental Health Week Community Grants Program.

In what will be WA's 49th Mental Health Week, the Community Grants Program allows community organisations across Western Australia to run their own mental health week event or activity to increase awareness and reduce the stigma about mental health, promoting the theme of Act-Belong-Commit with a focus on suicide prevention 'Together we can save lives'.

Local community events will run alongside a series of events hosted by WAAMH in Perth during the week 8 – 15 October 2016.

WAAMH's President Alison Xamon said they were thrilled to be able to increase the number of organisations awarded grants this year thanks to the support of Lotterywest and the WA Primary Health Alliance.

"The Community Grants Program is an important part of spreading mental health awareness and engaging the whole WA community in mental health week," Ms Xamon said.

"It is wonderful to be able to spread the grants program even further this year. We encourage the whole WA community to get involved in their local mental health week events and adopt the Act-Belong-Commit approach to build and maintain better mental health."

The successful grant applicants are;

- headspace Albany
- City of Gosnells
- Boyup Brook Community Resource Centre Inc
- South West Aboriginal Medical Service
- headspace Bunbury
- GP down south
- Denmark Riverside Club Inc
- Dowerin Community Resource Centre Inc

Peak body representing the community-based mental health sector in WA.
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- DAYS (Drug and Alcohol Youth Services) Mission Australia
- Gnowangerup Community Resource Centre
- Kalgoorlie Boulder Community High School
- OzHelp Foundation
- Kondinin Community Resource Centre
- Shire of Manjimup
- Merredin Community Resource Centre
- Shire of Narembeen
- Avon Youth Community & Family Services Inc
- Pingelly Community Resource Centre
- Silverchain
- Ngaarda Media Aboriginal Corporation
- Youth Involvement Council - YIC
- Shire of Ashburton
- West Arthur Community Resource Centre
- Shire of Wongan-Ballidu

Fact File

- Mental Health Week runs October 8-15, 2016
- For more events and information, visit <http://mhw.waamh.org.au>
- In WA, Mental Health Week is co-ordinated by the Mental Health Commission in partnership with the Western Australian Association for Mental Health
- Act-Belong-Commit in association with Together We Can Save Lives are the themes for WA's 2016 Mental Health Week.
- Suicide is a complex issue with multiple interrelated factors. There are, however, strong relationships between suicide, traumatic life events and mental illness. Mental health promotion programs such as Act-Belong-Commit contribute to suicide prevention by keeping people mentally healthy, building individual and community resilience and by preventing mental illness.
- Act can include keeping mentally, physically, socially and spiritually active, taking a walk, reading a book and getting creative. To Belong can include joining a club, volunteering, connecting with friends and family and getting involved in your community. While ways to Commit can include taking up a cause, helping a neighbour, finding your passion or learning something new.

2016 Mental Health Week Sponsors and Supporters

- Lotterywest
- Black Swan Health
- WA Primary Health Alliance
- MercyCare
- HelpingMinds
- UnitingCare West
- Rise Network
- Mission Australia

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- St Bartholomew's House
 - Southern Cross Care (WA)
 - Neami National
 - The Royal Australian and New Zealand College of Psychiatrists
 - Anglicare WA
 - Perth Theatre Trust
 - ECU
 - City of Perth

About WAAMH

The Western Australian Association for Mental Health (WAAMH) was incorporated in 1966 and is the peak body representing WA's community-managed mental health sector and around 100 organisational and individual members. Our vision is that as a human right, every one of us who experiences mental health issues has the resources and support needed to recover, lead a good life and contribute as active citizens. WAAMH advocates for effective public policy on mental health issues, delivers workforce training and sector development, and promotes positive mental health and wellbeing. In 2016, WAAMH is celebrating 50 years of developing, promoting and representing the community mental health sector in Western Australia. Further info at www.waamh.org.au

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