



Western Australian Association
for Mental Health

MEDIA RELEASE

19 September 2019

Highest number of Mental Health Week WA community event grants delivered to meet ever-growing demand

THANKS to support from Lotterywest, the Western Australian Association for Mental Health (WAAMH) was able to distribute successful grants worth a combined total of \$70,000 to 70 not-for-profit, charitable organisations across Western Australia, including 21 regional groups, to hold their own events and activities as part of this year's Mental Health Week community grants program.

Together, the events will reach more than 15,000 people statewide and largely target culturally diverse, economically disadvantaged, and / or remote and isolated areas of Western Australia.

Lotterywest's strong support of the community grants program for Mental Health Week events in 2019 meant WAAMH was able to distribute funds to 90% of the grant applicants.

Demand for these community grants has grown exponentially over the past five years, and WAAMH has steadily increased the volume of grants it distributes due to the high number and quality of applications received year-on-year.

Western Australian Association for Mental Health chief executive officer Taryn Harvey attributed the growth in community grant applications to several factors observed in recent years.

"We have noticed increased understanding in the community about the importance of mental health awareness and speaking up about mental health issues leading to an organic growth in the number of people that want to help make a positive change to help and influence others," Ms Harvey said.

"The feedback we've received after these numerous and vast events across the state are held and the contribution this makes to people's wellbeing and ability to help others has been encouraging.

"Local grass roots initiatives are vital to spreading mentally health messages to 'hard to reach' demographics where it counts most."

Expanding Mental Health Week's reach through these not-for-profit organisations is crucial to the success of reaching vulnerable people in the regions and remote parts of WA.

"These community organisations applying for event grants, especially in the regions, are on the ground and know their own communities, cultural needs and local challenges best," Ms Harvey said.

"WAAMH simply doesn't have the logistical capacity to get to every area of WA in a very tight window of time around Mental Health Week in October, plus tailor events and resources uniquely to each community, so instilling the autonomy and onus of the local organisations to run their own, with our support and that of Lotterywest, is a tremendously effective approach.

"WA has a need perhaps more than any other state to breach the enormous physical distances that separate us, so that the Mental Health Week message reaches everyone - many of these regional events are an opportunity to connect with local community mental health service providers."

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Peak body representing the community-based mental health sector in WA.

About Mental Health Week 2019

The Official Opening of 2019 Mental Health Week will take place Monday, October 7 as part of the *Hello to Here* Art Exhibition opening in partnership with Arts and Mental Health Network in the Workzone Building, Nash Street, Perth. The closing gala will be held on the evening of October 12 at the State Theatre of WA at the annual charity comedy night, Stand Up! For Comedy, in partnership with Perth Theatre Trust.

Thursday, October 10 marks World Mental Health Day, with a number of volunteers and Members of Parliament handing out free resources around Perth transport hubs.

All members of the public are welcome at events during Mental Health Week and the majority are made available at no or minimal cost via ticket allocations for unwaged mental health consumers and carers. Many community groups have been supported to hold their own event during the week with a community grant scheme, thanks to Lotterywest.

Deputy Premier; Minister for Health; Mental Health the Hon Roger Cook, Parliamentary Secretary the Hon Alanna Clohesy and Acting Mental Health Commissioner Jennifer McGrath will also appear at various events throughout the week.

In what will be WA's 52nd Mental Health Week, the community grants program allows organisations across Western Australia to run their own mental health week event or activity to increase awareness and reduce stigma about mental health, promoting the theme, 'Mental health starts where we live, learn, work and play'.

The theme encourages people to understand the role social determinants play in addressing mental health issues and recognising it's a combination of factors which influence and contribute to our sense of wellbeing.

For more information on WA's Mental Health Week, 6-12 October 2019, visit <http://mhw.waamh.org.au>

Thanks to our 2019 Mental Health Week Sponsors and Supporters



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WAAMH

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Successful grant recipients are as follows:

Headspace Albany	Mad Hatter Tea Party	Great Southern
headspace Bunbury	Swamp walk, drumming and morning tea	South West
headspace Rockingham	Activity day for youth	Perth Metro
headspace Youth Early Psychosis Program	Games Night and dinner	Perth Metro
Health Consumers' Council WA	Drumming and Yarning in the Park @Wellington Square	Perth Metro
Health Mind Menu Inc.	Mental Health First Aid for Hospitality Industry	Perth Metro
Helping Minds	Community "galleria" out the front of town bakery	Gascoyne
Jerramungup Community Resource Centre	Mixed netball for adults	Great Southern
DADAA	Art exhibition, paintings by people with lived experience	Perth Metro
Kimberley Stolen Generation Aboriginal Corporation	Information, activities and stalls	North West
Kondinin Community Resource Centre	2 hour workshop to make two kokedamas and a macramé hanger	Wheatbelt
MIFWA	Meditation Lunch	Perth Metro
Move Your Body Studio	Games and activities	North West
Mukinbudin Planning & Development Group Inc.	Blue tree community sculpture	Wheatbelt
Nannup Arts Council Inc	Art Exhibition	South West
Narembeen CRC	Community walk and breakfast	Wheatbelt
Nintirri Centre Inc	Playgroup morning teas	North West
Northam Community Mens Shed	Mental Health talk with MIFWA and BBQ	Wheatbelt
Pathways SouthWest Inc	Ball for Consumers	South West
Peer Based Harm Reduction WA	Consumer education event and BBQ	South West
Richmond Wellbeing	stalls, drumming workshops and wellness activities	Perth Metro
Rockingham regional environment centre	Fun Day	Peel Region
Rostrata Family & Neighbourhood Centre	Mental Health Week daily events	Perth Metro

Rotary Club of Wylkatchem in partnership with St John	Community Night	Wheatbelt
South West Academy of Sport Inc	Managing stress for athletes seminars (x2)	South West
South West Women's Health and information Centre	Walk around swamp and wellness activities	South West
Southern Cross Community Resource Centre	Colour run and BBQ	Wheatbelt
St Vincent de Paul Society WA Inc	Arts, Photography and creative writing day	Perth Metro
The Family Nurturing Centre	Single Parents workshop and activities for kids	Perth Metro
The Human Excellence Project	Men's coping workshops	Perth Metro
The Salvation Army Rockingham Corps	Event to connect drop-in centre to wider community	Perth Metro
This Is My Brave Australia	Film Festival showcasing MH films	Perth Metro
UnitingCare West	Community Fun Day at Mirrabooka Square	Perth Metro
Valued Lives	Art & Music therapy workshop	
Volleyball Western Australia	Kids volleyball comp	Perth Metro
West Arthur Community Resource Centre	BBQ and health talks for community	Wheatbelt
Westonia Community Resource Centre	Blue Tree and town BBQ	Wheatbelt
Wyalkatchem Community Resource Centre Incorporated	Town BBQ	Wheatbelt
Youth Focus	Coffee for a Cause	Perth Metro