

Media release
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For immediate distribution

\$130,000 awarded in event grants to promote positive mental health

A grant program aimed at supporting Queensland Mental Health Week events that raise awareness of mental health, increase understanding of mental illness, and reduce stigma will see organisations from Cairns to the Gold Coast and west to Mt Isa share in \$130,000 in funding.

Funded by the Queensland Mental Health Commission and administered by CheckUP, the Queensland Mental Health Week Community Events Grant Program will support a record-breaking 117 events to be held this October with grants of up to \$3000 being awarded.

Queensland Mental Health Commissioner Ivan Frkovic said the events will help bring the message of wellbeing to the heart of communities, and reach out to those who may be marginalised, or at most risk of poor mental health.

“Every year, Queensland Mental Health Week events bring communities together, bolster a sense of belonging and help generate connections and conversations,” Mr Frkovic said.

Almost half of all Australians will experience a mental illness at some time in their life, with 1 in 5 (20%) having experienced a common mental illness in the previous 12 months.*

“Anyone can be susceptible to mental ill-health,” Mr Frkovic said.

“These grants will help provide opportunities for people in communities across Queensland to take stock of their wellbeing, and ensure they know where to get help when they need it.

“Activities set to take place include wellbeing expos, art exhibitions, workshops, poetry slams, and morning teas, with many of the events linking with local mental health services and focusing on wellbeing education.”

CheckUP CEO Ann Maree Liddy said the organisation received 170 eligible applications and were pleased to see an increase in event proposals from many regions across the state.

“We are excited by the calibre and creativity of events approved for funding that promise to attract community involvement in Queensland Mental Health Week and promote individual and community mental health in ways and settings appropriate and meaningful to each community,” Ms Liddy said.

“The grant funding helps offset event expenses, such as fees for engaging specialists and the purchasing of workshop supplies, so communities can host more informative and effective events.”

Ms Liddy said there are many ways people can participate in Queensland Mental Health Week, including hosting or attending an event, wearing merchandise, and starting conversations on mental health.

“You can get inspired with ideas on how to host an event, download resources to assist with planning, and look up events in your local area on the Queensland Mental Health Week website,” she said.

Queensland Mental Health Week will be held from 8-16 October 2022, encompassing World Mental Health Day on 10 October, with the theme ‘Awareness, Belonging, Connection’.

For more information visit www.qldmentalhealthweek.org.au.

For 24/7 crisis support, call Lifeline on 13 11 14, or the Suicide Call Back Service on 1300 659 467. In an emergency, call 000.

Mental health statistics

* Australian Institute of Health and Welfare. (2022). *Mental health services in Australia*. Retrieved from <https://www.aihw.gov.au/reports/mental-health-services/mental-health-services-in-australia>

Safe media reporting

Visit the Mindframe website at www.mindframe.org.au for advice on how to support safe media reporting, portrayal and communication about suicide, mental ill-health, and problematic alcohol and other drug use.

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Funded events

Please see below a full listing of successful grant recipients from the 2022 Queensland Mental Health Week Community Events Grant Program. Among the grant recipients are seven regional or rural councils, 19 parent and citizen associations, and two headspace centres.

All applicants were advised on whether they were successful in July 2022. Applicants should email info@qldmentalhealthweek.org.au if they have any enquiries.

Organisation	Event title	Public event	Location
Across Queensland			
Awesome Women in Construction Inc	Strong Foundations for Women in Construction	Yes	Online
Kodaly Music Education Institute of Australia (Qld Branch)	Together Sing	No	Various locations
Far North Queensland			
breakthru	Mental Health Expo's across the Tablelands	Yes	Atherton Tablelands
Cairns RSL Sub Branch	Kick Start Your Morning	No	Cairns
Cairns State High School Parent and Citizen Association	Cairns State High School Take Time for Mental Health	No	Cairns
Dr Edward Koch Foundation	All Of Us Festival – Celebrating Queensland Mental Health Week	Yes	Cairns City
Maxima Joblink	Spark Joy	Yes	Cairns Esplanade
Mulgrave Landcare Catchment Group Inc	BE KIND TO YOUR MIND-Awareness, Belonging, Connection	Yes	Gordonvale
The Cairns RSL Sub Branch	Kick Start Together	No	Cairns
The Junction Clubhouse Cairns Limited	Awareness through Mutuality, Connection through Expression, Belonging through Place	Yes	Cairns
Wheels of Wellness Ltd	The Art of Mental Health	No	Cairns

North and North West Queensland			
Burdekin Men's Shed Association Inc	BMSA Meet & Greet	Yes	Ayr
Burdekin Shire Council	It's OK to have a Blue Day Project	No	Burdekin Shire
Kirwan State High School P&C Association	Mental Health First Aid	No	Townsville
Millchester State School P&C Association	Wellbeing for All @ Milly	No	Charters Towers
Northern Beaches State High School P&C Association	Beaches Mental Health Week	No	Townsville
Oonoonba State School P&C Association	Feel Good Expo	Yes	Townsville
Optimise Health and Wellness	Caregiver Support Night	Yes	Ingham
Pimlico State High School P&C Association	Mental Health Mondays & Wellbeing Wednesdays	No	Townsville
Selectability	Mental health art exhibit / Luncheon	Yes	Townsville
selectability	selectability Food & Friendship Circle	Yes	Mount Isa
selectability	Mental Health Week - Ingham	Yes	Ingham
Spinifex State College P&C Association	Spinifex State College QMHW2022	No	Mount Isa
The Youth Network NQ	Connecting the Dots; Film & Conversation about Youth Mental Health	Yes	Townsville
Mackay and Whitsunday Regions			
Connect Work Force Pty Ltd trading as Stella Life Care	The ART of Well-Being	Yes	Bowen, Collinsville and Prosperine
InterContinental Hayman Island Resort	Mental Health Week Happenings	No	Hayman Island
Mind Australia Limited	Mind annual art exhibition for mental health	Yes	Jubilee Community Centre, Mackay
Run For MI Life Limited	Run For MI Life Fun Run and Wellness Fair	Yes	Walkerston, Mackay Region
Central Queensland			
Gladstone Men's Shed	Men & Boys Mental Health Awareness	Yes	Gladstone
Livingstone Shire Council	Wellness at the Coast 2022	Yes	Yeppoon
Rockhampton Regional Council	Stressbuster Crafts for Tweens - for Mental Wellness	Yes	Rockhampton Region
Toolooa State High School Parent and Citizen Association	Together on Toolooa Turf	No	Gladstone
Yeppoon State High School Parent and Citizen Association	Connection Stairs Project	No	Yeppoon
Wide Bay-Burnett			
Bundaberg Regional Council	Manga Art Youth Workshop	Yes	Childers
Bundaberg Regional Council	QMHW 'Our Stories Our Community'	Yes	Bundaberg
headspace Hervey Bay	LGBTQIA+ Ball	Yes	Hervey Bay
headspace Maryborough	Drive-in Movie Night	Yes	Maryborough

Non Nobis Solum trading as PsychLab	Regional Mental Health Professional Development Day	Yes	Hervey Bay
North Burnett Community Service	Healthy Mothers, Healthy Babies	Yes	Mundubbera and Eidsvold
Phoenix House Association Inc	Phoenix House Community Picnic Day	Yes	Alexander Park, Bundaberg
Returned & Services League of Australia (Queensland Branch) Murgon RSL Sub-Branch Inc.	Connect Through Assistance Dogs	Yes	Murgon
South Burnett Western Performance Club Inc	Healing Hearts with Horses	Yes	Nanango
Wide Bay Advocacy Inc	Meditation, Mindfulness and Me	Yes	Bundaberg
Sunshine Coast Region			
Alexandra Headland Surf Life Saving Club Inc (AHSLSC)	Beyond the Rip Trivia Night for Mental Health Awareness	Yes	Alexandra Headland
Coolum HeARTs Inc	Sing Out 22	Yes	Coolum Beach
Gympie State High School P&C Association	Mental Health Week at Gympie High	No	Gympie
Kawana Community Kindergarten & Preschool Association Inc.	Tools for Coping in an Uncertain World	Yes	Bokarina
Pomona & District Community House	SIDE BY SIDE we connect, learn and grow	No	Noosa Hinterland
Primal Influence	Return to Nature Family Day Retreats	Yes	Maroochydore
Sunshine Coast Regional Council	Beerwah Heart Community Day	Yes	Beerwah
South West Queensland			
Charleville and District Community Support Association Incorporated	Mental Health Multicultural We Care, Self Care Festival	Yes	Graham Andrews Parkland, Charleville
Chinchilla Family Support Centre Inc	Graffiti for Good	No	Chinchilla
Drawn Together Creative Therapies Pty Ltd	A Sense of Awareness	Yes	Stanthorpe
Happy Chat auspiced by Support Groups Queensland Inc	Orchestrating Change - Humanising Mental Illness	Yes	Stanthorpe
Harristown State High School Parent and Citizen Association	Mental health week activities	No	Toowoomba
Maranoa Regional Council (Roma Library)	Take-Home Teen Hobby Packs	Yes	Roma
Momentum Mental Health	Momentum Moments & Workshops	Yes	Toowoomba
Quilpie Shire Council	Connect with friends over a High Tea at Adavale	Yes	Adavale
Tara & District Family Support Committee Inc	Connected Under Country Skies	Yes	Tara
Tasc National Limited	Talk Together with TASC	Yes	Toowoomba
Greater Brisbane Region			
4 Voices Global Limited	Connecting for Mental Health	Yes	Inala
Anglicare Southern Queensland Insync Cleveland	Thrive By The Bay	Yes	Cleveland

Animal Therapies Ltd	How can animal-assisted services improve mental health?	Yes	St Lucia
Arafmi Ltd	Join The Circus w Arafmi & Flipside!	Yes	Hamilton
Arafmi Ltd	ABCs of Rag Rugs	Yes	West End
Australia Malaysia Business Council Qld Inc	AMBCQ Mindfulness and Mental Health Forum	Yes	Brisbane
Australian School of Meditation & Yoga	Wellbeing Day Festival 2022	Yes	Orleigh Park, West End
Australian Trade College North Brisbane Ltd	The Australian Trade College North Brisbane and MRAEL QMHW 2022	No	Scarborough and Banyo
Balmoral State High School P&C Association	Community Mental Health Panel Event, BSHS Mental Health Week Celebrations	Yes	Balmoral
Borderline Australia	Borderline's Walkie Talkie	Yes	Browns Plains
Brisbane Seinendan Inc	Mental Wellbeing for Japanese 2022	Yes	Garden City
Burnie Brae Ltd	Mindfulness for Better Mental Health	Yes	Chermside
Clayfield House	Clayfield House Mural and Community Lunch	No	Brisbane
Community Living Association	Creative connections	No	Nundah
Congolese Community of Queensland	Congolese Cultural Day	Yes	Brisbane
Connections Inc	Healing through Connection	Yes	Caboolture
Cystic Fibrosis Queensland Limited	Trusted Care: Caring for our Carers	Yes	Nundah
Holy Spirit College	QMHW Holy Spirit College 2022	No	Brisbane
Impact Care Services	Mental Health Awareness and Training	Yes	Logan
Karakan Ltd	Logan East Mental Wellbeing Community Vibes	Yes	Springwood
Kimerley Park State School Parent and Citizen Association	FLOURISH @ KPSS 2022	Yes	Shailer Park
Kingston East Neighbourhood Group inc.	Extending an olive branch for community mental health	Yes	Loganholme
Many Genders One Voice auspiced by Queensland Aids Council Inc	LGBTIQ+ Sexual & Gendered Violence Prevention - Community Day	Yes	Central Brisbane
Men's Information and Support Association Inc	MISA Community BBQ	Yes	Strathpine
Nature Freedom	Nature Connection for Young Carers	No	Everton Hills
Neami National	Wellbeing Fair	Yes	Booval
Newport STA Pty Ltd	Gala Night by the Water	Yes	Redcliffe
Picabeen Community Association Inc.	Take time for self-care, Mental Health Week	No	Mitchelton
Positive Mindset Creative Arts Festival auspiced by Returned & Services League of Australia (Queensland Branch) Sunnybank Sub-Branch Inc	Positive Mindset Creative Arts Festival 2022	Yes	Logan Central & Online
Red Nose Limited	New Farm Walk to Remember	Yes	New Farm
Redland Community Centre	Connect and Create	Yes	Capalaba

Sherwood Neighbourhood Centre Inc	Mental Health Week Celebrations!	Yes	South West Brisbane
The Gap State High School Parent and Citizen Association	TGSHS Mental Health Week Bonanza - Awareness, Belonging, Connection	No	The Gap
The Queensland Council for LGBTI Health	QC Mental Health Week - art workshop and bakeoff	No	New Farm
The Salvation Army - Youth Outreach Service	Splat Arts (Belonging and Connection through Art)	No	Ellen Grove
The University of Queensland	The Connect Stage	Yes	St Lucia
Today's Psychology	Awareness, Belonging and Connection: The basics for positive wellbeing	No	Brendale
University of Queensland Psychology Students' Association	Paws and Connect	Yes	St Lucia
Upbeat Arts Ltd	Upbeat Arts Concert for Mental Health Week	Yes	Brisbane
Veteran Gaming Australia Limited	Social Community Day	Yes	Brisbane & Online
Victoria Point State High School Parent and Citizen Association	Mental Health Week	No	Victoria Point
Voices of Birralee Inc	Birralee Recycled Community Choir	Yes	Bardon
Women's Mentoring Foundation	Walk With Me	Yes	Logan
Yarrabilba State Secondary College Parent and Citizen Association	Qld Mental Health Week @ YSSC	No	Yarrabilba
Yiliyapinya Indigenous Corporation	Deadly Brains Day	Yes	Inala
yourtown	Youth Mental Health Poetry Slam	Yes	Inner City Brisbane
Scenic Rim & Somerset Region			
Boonah State High School Parent and Citizen Association	Wellbeing Week	Yes	Boonah
Lowood and District Community Kindergartens	ABC Week Building the framework of our Children Mental Health	Yes	Lowood
The Baptist Union of Queensland - Carinity	Health and Wellness Expo	Yes	Boonah
Gold Coast Region			
Envision Spiritual Prosperity Inc. Charity	Celebrate Life Sports Day	Yes	Gold Coast
Nicole King Wellbeing	Coming To Know Your Mind	Yes	Mermaid Beach
Pimpama State Secondary College Parent and Citizens Association	Mental Health Week 'Awareness, Connection and Belonging'	Yes	Pimpama
Robina State High School Parent and Citizen Association	Connection, Belonging and Awareness Shining a light on Mental Health	No	Robina
Surfers Paradise Anglican Crisis Care Inc	Pet Support Day	Yes	Surfers Paradise
The Migrant Centre Organisation Inc. (trading as TMC Thriving Multicultural Communities)	Seniors Take Time for Mental Health	Yes	Southport
The Migrant Centre Organisation Inc. (trading as TMC Thriving Multicultural Communities)	Youth Connexion - Mental Health and Wellness Day	Yes	Labrador
Village Community Services Inc.	Social Wellness Empowerment Event	Yes	Oxenford