

Media release
26 September 2023
For immediate distribution

\$130,000 grants promote mental health and wellbeing

Communities from Stanthorpe to Quilpie and all the way up to Badu Island will benefit from \$130,000 grant funding for Queensland Mental Health Week 2023.

A record-breaking 157 events across Queensland will be supported by the Queensland Mental Health Week Community Events Grant Program, with grants ranging from \$500 to \$3,000.

Funded by the Queensland Government through the Queensland Mental Health Commission and administered by CheckUP, the grant program supports Queensland Mental Health Week events that raise awareness of mental health, increase understanding of mental illness, and reduce stigma.

Queensland Mental Health Commissioner Ivan Frkovic said Queensland Mental Health Week is an important annual event that raises awareness of mental health and provides an opportunity for Queenslanders to consider their wellbeing.

“Over 40 percent of Australians are estimated to have experienced a mental disorder at some time in their life, with one in five people experiencing a mental health disorder in the previous 12 months*,” Mr Frkovic said.

“The COVID-19 pandemic, recent natural disasters and the current economic climate make people more susceptible to mental ill-health, so it’s more important than ever to take steps every day to look after our wellbeing.”

“Queensland Mental Health Week reaches into communities across Queensland and gives us all the chance to take stock how we’re going connect with our loved ones, community or colleagues.”

“The theme ‘Awareness, Belonging, Connection’ captures some of the elements that help us build our wellbeing and I’m pleased to see so many events throughout the state bringing these ideas to life,” Mr Frkovic said.

“Funded activities this year wellbeing expos, art exhibitions, workshops, festivals, community walks and more, with many events linking with local mental health services.”

CheckUP CEO Ann Maree Liddy said the organisation received 261 eligible applications and were pleased to see an increase in event proposals from regions all 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 7–15 October 2023, encompassing World Mental Health Day on 10 October, with the theme ‘Awareness, Belonging, Connection’.

For more information visit <https://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 (2023). *Prevalence and impact of mental illness*. Retrieved from <https://www.aihw.gov.au/mental-health/overview/mental-illness>.

Safe media reporting

Visit the Mindframe website at <https://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.

Media enquiries

David Millichap, General Manager, CheckUP
P. 07 3105 8300 E. dmillichap@checkup.org.au

Communications and Engagement team, Queensland Mental Health Commission
P. 07 3244 9253 E. media@qmhc.qld.gov.au

Funded events

Please see below a full listing of successful grant recipients from the 2023 Queensland Mental Health Week Community Events Grant Program.

Applicants should email info@qldmentalhealthweek.org.au if they have any enquiries.

| Organisation | Event title | Location | Public event? |
|--|--|-----------|---------------|
| Across Queensland | | | |
| The Kodaly music education institute of Australia Queensland branch inc. | Together Sing 2023 | Statewide | Yes |
| Far North Queensland (including Gulf and Torres & Cape) | | | |
| Dr Edward Koch Foundation | All Of Us Festival - Celebrating Queensland Mental Health Week | Cairns | Yes |

| | | | |
|---|---|---|-----|
| Douglas Shire Community Services Association | Head, Heart and Harmony: Douglas Mental Health Collective | Cairns | Yes |
| RAR Therapy | QLD Mental Health Week Art Exhibition | Cairns | Yes |
| Mareeba & communities family healthcare | Celebrating Mareeba Mental Health Champions | Mareeba | Yes |
| The Junction Clubhouse Cairns Limited | Branches of Hope: Connecting with Community | Cairns | Yes |
| Mundoo State School Parents & Citizens Association | Mental Health Week | Wangan | Yes |
| Mulgrave Landcare Catchment Group Inc | Be Kind to Your Mind | Gordonvale | Yes |
| Mareeba Shire Council - Library | All Abilities BBQ and Information Afternoon | Chillagoe, Dimbulah, Kuranda, Mareeba | Yes |
| Redlynch State College Parents & Citizens Association | Redlynch Mental Health Week | Cairns | No |
| Echo empowering services | Mental health & volunteer expo | Malanda | Yes |
| Cairns RSL Sub-Branch | 'Kick Start your Day' - Breakfast | Cairns | No |
| Tropical North Learning Academy Trinity Beach State School Parents & Citizens Association | Belonging Breakfast | Cairns | Yes |
| Cassowary Coast Regional Council | Breath, Movement and Sound for Health and Happiness | Innisfail, Tully, Mission Beach, Cardwell | Yes |
| Mount St Bernard | Seasons for Growth | Herberton | No |
| Atherton State High School Parents & Citizens Association | Excursion to On-Country workshops | Atherton | No |
| Parramatta State School Parents & Citizens Association | Mental Health Week Community Lunch | Cairns | Yes |
| Cairns School of Distance Education Parents & Citizens Association | Cafe Connections | Cairns/online | No |
| Cairns Children's Museum Inc | Mindful Moments: Cairns Children's Museum Family Fun Day | Cairns | Yes |
| Cairns State High School Parents & Citizens Association | Cairns State High School Take Time for Mental Health | Cairns | No |
| Better Together Community Support | Gardening for Better Mental Health | Atherton | Yes |

| | | | |
|---|--|--|-----|
| Dimbulah Community Centre | Connection with a Cuppa | Dimbulah | Yes |
| Marlin Coast Neighbourhood Centre | Healthy Mind Healthy Life | Cairns | Yes |
| Carpentaria Shire Council | Head to the sky - Mental Health Art Exhibition | Karumba | Yes |
| Coen Regional Aboriginal Corporation | Coen Mental Health Awareness | Coen | Yes |
| Badu Island Primary Parents & Citizens Association | Mental Health Yumi Way | Badu Island | Yes |
| North and North West Queensland | | | |
| Neami National | Lived Experience Arts in the Community | Townsville | Yes |
| Palm Island Community Company Ltd | Bwgcorman Wellbeing Event | Palm Island | Yes |
| Heatley Secondary College Parents & Citizens Association | Heatley Secondary College Mental Health Week | Townsville | No |
| Thuringowa State High School Parents & Citizens Association | Connect at Thuringowa | Townsville | Yes |
| Kirwan State High School | Mental Health Week; Be here, connect, belong. | Townsville | No |
| Lives Lived Well | Making Sense of Senses | Cloncurry & Boulia | Yes |
| Mackay and Whitsunday Region | | | |
| Aboriginal and Torres Strait Islander Community Health Service Mackay Ltd | Connecting to Mind, Body, Soul and Culture | Mackay | Yes |
| Stella Community Inc. | Shine a light on mental health | Proserpine, Collinsville/Scottville, Bowen | Yes |
| Bowen High Parents & Citizens Association | Mindfulness market: Invest in yourself | Bowen | No |
| Healthy Kids Project Inc. | Hike 4 Mental Health | Whitsundays | Yes |
| Central and Central West Queensland | | | |
| Gladstone Men's Shed Assoc Inc | Shed Open Day | Gladstone | Yes |
| Gumbi-Gumbi Aboriginal and Torres Strait Islander Corporation | Gumbi-Gumbi Wellness 2023 | Rockhampton | No |

| | | | |
|---|--|-------------------------------|-----|
| Gladstone Mindcare | Gladstone Mindcare Community Connect | Gladstone | Yes |
| Capella Tieri Middlemount Community Support Network Inc | Good Vibrations- ABC's of Mental Health | Capella | Yes |
| RSLA (Queensland branch) Capricornia and Rockhampton region sub-branch inc. | Vet Flicks | Rockhampton | No |
| Central Queensland Indigenous Development | Meditation Workshop | Rockhampton | Yes |
| Yeppoon State High School Parents & Citizens Association | Healthy Connections | Yeppoon | No |
| JCU Central Queensland Centre for Rural and Remote Health | Mindfulness Morning in Central Highlands | Emerald | Yes |
| Headspace | Wear it Green for Mental Health | Rockhampton | Yes |
| CQRH | Mental Health Week in Biloela | Biloela | Yes |
| Royal Flying Doctor Service of Australia (Queensland Section) Limited | Outback Muster for Mental Health | Longreach | Yes |
| Lives Lived Well | Mental Health Week 2023: Adult Art Competition: Awareness, Belonging, Connection | Longreach | Yes |
| Wide Bay-Burnett Region | | | |
| Bundaberg Regional Council | Seasonal Healthy Workers | Bundaberg | Yes |
| Wide Bay Advocacy Inc | Rainbow Resilience: Empowering LGBTIQ+ Minds | Wide Bay | Yes |
| Bundaberg Regional Council | Worry Dolls Regional Workshops | Bundaberg, Childers, Gin Gin | Yes |
| Wesley Mission Queensland - headspace Fraser Coast | Headspace Bright Ball | Maryborough | Yes |
| Wide Bay Kids Community Inc | Hatch Your Potential: Painting for Mental Wellness | Bundaberg | Yes |
| Veterans of Australia Association | Veterans Resilience Retreat | Hervey Bay | No |
| North Burnett Community Service | Rising with Resilience | Mundubbera, Eidsvold, Gayndah | Yes |
| Richmond Fellowship Queensland | Mental Health Week Art Exhibition | Bundaberg | Yes |
| Brave Brothers Ltd | Brave Brothers Barbecue | Bundaberg | Yes |

| | | | |
|---|--|----------------|-----|
| Richmond Fellowship Queensland | Frazer Coast MHW Art Exhibition | Maryborough | Yes |
| Biggenden Women's Shed Association Inc | Family Trivia Night | Biggenden | Yes |
| Bundaberg Art Prize | The Pets Purpose | Bundaberg | Yes |
| Sunshine Coast Region | | | |
| The North Coast Aboriginal Corporation for Community Health | NCACCH Well Person's Health Check Day | Sunshine Coast | Yes |
| Caloundra House | Community Connections at Caloundra House | Sunshine Coast | Yes |
| Sunshine Coast Regional Council | Beerwah Heart Community Day | Sunshine Coast | Yes |
| Lutheran Services | Wellbeing in Mind Fair | Sunshine Coast | Yes |
| Gympie State High School Parents & Citizens Association | Mental Health Week @ Gympie SHS | Gympie | No |
| Blackall Range Care Group Limited | Sunshine Coast Hinterland Treasure Hunt | Sunshine Coast | No |
| St Teresa's Catholic College | Mural Painting - Belonging | Sunshine Coast | No |
| Sunshine Coast Multiple Birth Association | Ponies and Positive Vibes | Sunshine Coast | No |
| Noosa Heads Surf Life Saving Club | NHSLSC Welcome to the Season | Sunshine Coast | No |
| Darling Downs Region | | | |
| The Older Men's Network Inc (TOMNET) | TOMNET Intergenerational Games | Toowoomba | No |
| The Child Writes Fund Ltd | Cocreating with nature: Practicing mental wellness | Toowoomba | Yes |
| Momentum Mental Health | Momentum Moments & Hope Brewed Here | Toowoomba | Yes |
| St Andrews Hospital Toowoomba | St Andrew's Toowoomba Hospital Mental Health Awareness Week Art Exhibition | Toowoomba | Yes |
| Nobby State School Parents & Citizens Association | Paracord Plait Workshop | Nobby | No |
| Toowoomba State High School Parents & Citizens Association | Mental Health Expo 2023 | Toowoomba | No |
| Harristown State High School Parents & Citizens Association | Hawks Mental Health EXPO | Toowoomba | No |

| | | | |
|--|---|-----------------------------------|-----|
| Pittsworth Primary Parents & Citizens Association | Yarning Circle | Pittsworth | Yes |
| Toowoomba & Surat Basin Enterprise | Work to Well: Workplace Wellbeing Forum | Toowoomba | Yes |
| South West Queensland | | | |
| Western Downs Regional Council | Building Self Esteem Workshops for Children | Wandoan, Chinchilla, Tara & Dalby | Yes |
| S.T.A.R.S (Stanthorpe Therapeutic Arts & Recovery Space) Ltd | "What's On your Mind?" | Stanthorpe | Yes |
| Tara & district family support committee inc. | Morning Melodies | Tara | Yes |
| Tara Shire State College Parents & Citizens Association | Student Mental Health Week: Encompassing Wellbeing | Tara | No |
| Tara & District Family Support Committee inc. | Resin is the Glue | Tara | Yes |
| Quilpie Shire Council | Mind your Mind | Quilpie | Yes |
| Killarney P-10 State School Parents & Citizens Association | Coming together for Mental Health | Killarney | Yes |
| Greater Brisbane Region | | | |
| 4 Voices Global Limited | Connecting by Caring for our Community | Brisbane | Yes |
| Women Empowerment and leadership | No Fear To Speak Out | Brisbane | Yes |
| Queer and Trans Workers Against Violence | QTWAV LGBTIQ+ Gendered Violence Prevention Community Day | Brisbane | Yes |
| Upbeat Arts Australia | Mental Health Week Concert | Brisbane | Yes |
| Blackbutterfly Group | Yellow Hope Walk | Logan | Yes |
| Cystic Fibrosis Queensland Limited | Trusted Care cares for our Carers | Brisbane | Yes |
| Sherwood Neighbourhood Centre Inc | Awareness, Belonging & Connection for Carers | Brisbane | Yes |
| Australian School of Meditation & Yoga | Wellbeing Day Festival Brisbane 2023 | Brisbane | Yes |
| Queensland Shakespeare Ensemble Inc. | Theatre Games with QSE! Community Workshop Promoting Positivity & Wellbeing | Brisbane | Yes |
| Kuraby State Primary School Parents & Citizens Association | Welcome to Yarn - Community Cultural Celebration | Brisbane | Yes |

| | | | |
|--|--|---------------|-----|
| Brisbane Youth Service | Movie Night 4 Mental Health | Brisbane | No |
| Community Connections (CLA Inc) | Kedron SHS Parent Engagement Evening - Supporting Positive Mental Health | Brisbane | Yes |
| Nursery Road State Special School Parents & Citizens Association | Art Workshop: How to engage with colour and pattern | Brisbane | No |
| Northside Connect Inc | 4012 Wellbeing Expo | Brisbane | Yes |
| Australian Trade College North Brisbane Ltd | Australian Trade College North Brisbane and MRAEL QMHW 2023 | Redcliffe | No |
| MultiLink Community Services Inc. | Network in Your Neighbourhood | Logan | Yes |
| Campfire Healing Indigenous Corporation | Campfire Mental Health Healing Camp | Ipswich | Yes |
| Holy Spirit College | Qld Mental Health Week at HSC | Brisbane | No |
| Women's Mentoring Foundation Ltd | Walk With Me | Logan | Yes |
| Redland Community Centre Inc | Picnic with Pet Pals | Brisbane | Yes |
| Impact Care Services | Mental Health Awareness and Training | Logan | Yes |
| Guide Dogs Queensland Limited | Mental Health & Wellbeing for the Vision Impaired Community | Brisbane | No |
| Trek2Health Ltd | Morning Blue | Brisbane | Yes |
| Camp Hill State Infants & Primary School | CHIPS Mental Health Week Lemonade Kids Workshop | Brisbane | No |
| Vietnamese Community in Australia- QLD Chapter Inc. | Pathway to your mind calmness | Brisbane | Yes |
| Queensland Council for LGBTI Health | QC Mental Health Week Talent Showcase | Brisbane | No |
| Alexandra Hills State High School Parents & Citizens Association | Good Vibes Week | Brisbane | No |
| Deception Bay Neighbourhood Centre Incorporated | We listen and break the silence Morning Tea | Deception Bay | Yes |
| Sunnybank Chamber of Commerce | Better Mental Health for Small Businesses | Brisbane | Yes |
| Ripley Valley SSC | Well-Being Expo | Ipswich | No |
| Arafmi Ltd | Picnic in the park | Brisbane | No |
| Karakan | Logan Healthy Head and Home Fest | Logan | Yes |

| | | | |
|--|---|-----------------------|-----|
| Balmoral State High School Parents & Citizens Association | Awareness, Belonging, Connection | Brisbane | Yes |
| Collingwood Park State School Parents & Citizens Association | CPSS P&C Mental Health Awareness Week | Ipswich | No |
| Newport STA Pty Ltd | Newport House 'Hoe-Down' | Redcliffe | Yes |
| The FCS Trust trading as Business Wellness Hub | Yoga, Yabbering and Yummies | Brisbane | Yes |
| MacGregor State School Parents & Citizens Association | Minds Matter: Fostering Wellbeing Together | Brisbane | No |
| Wesley Mission Queensland - headspace Capalaba | Sensory Modulation Workshop | Brisbane | Yes |
| Kedron State High School Parents & Citizens Association | Celebrating Mental Health Week at Kedron High | Brisbane | No |
| Cedar Creek State School Parents & Citizens Association | Journaling for Mindfulness student workshop + Switch Off educator's event | Logan | No |
| Cavendish Road State High School Parents & Citizens Association | Cav Road Community Mental Health Picnic | Brisbane | No |
| Toowong Parents & Citizens Association | Visibility for ALL kids | Brisbane | No |
| Blackbutterfly Group | Hope Warrior | Logan | Yes |
| West End Community House (Community Plus) | Stronger Connections in 4101 | Brisbane | Yes |
| Crestmead State School Parents & Citizens Association | Mental Health Week Event! | Logan | No |
| Yarrabilba State Secondary College | QMHW @ YSSC | Logan | No |
| With Grace Therapy | Seeds of hope - Gardening for mental health | Brisbane | Yes |
| The Gap State High School | TGSHS Mental Health Week Bonanza - Awareness, Belonging, Connection | Brisbane | No |
| Magnus Health | Beenleigh Provider's Breakfast | Logan | No |
| Berrinba East Primary Parents & Citizens Association | Play is the Answer | Logan | Yes |
| Queensland African Communities Council | Finding Health: Mental Health Week Scavenger Hunt | Brisbane | No |
| Veteran Gaming Australia | Social Community Outing | Brisbane & Townsville | No |
| RSL Sunnybank Sub-branch - Positive Mindset Creative Arts Festival | Positive Mindset Creative Arts Festival 2023 | Brisbane | Yes |

| Scenic Rim, Somerset, Lockyer Valley | | | |
|--|--|----------------|-----|
| Lockyer Information & Neighbourhood Centre Inc. Trading as: Lockyer Community Centre | ABC Day | Lockyer Valley | Yes |
| headspace by Stride Mental Health limited | Aboriginal and Torres Strait Islander Mental Health Week | Beaudesert | Yes |
| The Baptist Union of Queensland - Carinity | Health and Wellness Expo | Boonah | Yes |
| Boonah State High School Parents & Citizens Association | Wellbeing Expo | Boonah | Yes |
| Gold Coast Region | | | |
| The Migrant Centre Organisation Inc. | Living and Thriving on the Gold Coast | Gold Coast | Yes |
| Pimpama State Secondary College Parents & Citizens Association | Pimpama State Secondary Collage | Gold Coast | No |
| Maimi State School Parents & Citizens Association | Art Therapy Open Day | Gold Coast | Yes |
| Ormeau Primary Parents & Citizens Association | QMHW at Ormeau State School | Gold Coast | No |
| Heart 2 Art Workshops | Art Is Power | Gold Coast | Yes |
| Art Therapy Gold Coast | Awareness, Belonging, Connection Art Exhibition | Gold Coast | Yes |
| Coomera Rivers State School Parents & Citizens Association | Yarn & Eats: Bumbung Jarjumms (Healthy Children in Yugambeh) | Gold Coast | No |
| Village Community Services Inc. | Mental Health Get Together 2023 | Gold Coast | Yes |
| Gold Coast Men's Walk and Talk Inc. | Gold Coast Men's Walk and Talk - QMHW Expo | Gold Coast | Yes |
| Robina State High School Parents & Citizens Association | Connection, Belonging and Awareness Shining a light on Mental Health | Gold Coast | No |
| Arundel State School Parents & Citizens Association | Mental Wealth Day | Gold Coast | No |
| Surfers Paradise Anglican Crisis Care Inc | Pet Support Day | Gold Coast | Yes |
| Letters of Hope Ltd | Letters of Hope Mental Health Workshop | Gold Coast | Yes |
| Norfolk Village State School Parents & Citizens Association | Hands On for Mental Health @ Norfolk Village State School | Gold Coast | No |
| Clover Hill State School Parents & Citizens Association | Clover Community Wellbeing Discussion Panel | Gold Coast | Yes |