

Media release
12/08/2024
For immediate distribution

\$158,000 in grants drive community mental health

\$158,000 in community grants have been allocated to community organisations across the State to support grassroots community mental health and wellbeing events in Queensland Mental Health Week.

The grant program aims to raise awareness of mental health and wellbeing, increase understanding of mental illness, and reduce stigma around mental ill-health.

The funded community events include wellbeing expos, art exhibitions, workshops, festivals and morning teas, with many of the events linking with local mental health services and focusing on wellbeing education, ranging from Coen to Texas, and west to Mount Isa.

Funded by the Queensland Mental Health Commission and administered by CheckUP, the Queensland Mental Health Week Community Events Grant Program supports over 150 community events with grants ranging from \$500 to \$2000, depending on the size of the event.

Queensland Mental Health Commissioner Ivan Frkovic said Queensland Mental Health Week is about creating community understanding, conversation and connection around mental health and wellbeing.

“Positive mental health and wellbeing is essential to every Queenslander, including people living with mental ill-health.

“We can all be susceptible to experiencing mental health challenges. Over 40 per cent of Australians are estimated to have experienced a mental disorder at some time in their life, with one-in-five experiencing a mental health disorder in the previous 12 months*.

“Everyone’s mental health and wellbeing sits on a sliding scale that moves up and down depending on what’s going on in our lives at any one point.

“Good mental health and wellbeing helps us to live productive and fulfilling lives, have meaningful relationships and cope with life’s challenges. But good mental health doesn’t just happen.

“Just like our physical health, we have to work at it to benefit, by practicing the six building blocks of mental wellbeing daily—get healthy, keep learning, show kindness, connect more, take notice and embrace nature.

“QMHW events create community awareness and education of mental wellbeing, help break down stigma of mental ill-health and encourage people to seek help when they need it,” Mr Frkovic said.

CheckUP CEO Ann Maree Liddy said CheckUP was pleased to receive over 280 grant applications from across the state.

“We are excited by the quality and creativity of the events approved for funding that promise to increase personal and community connections during 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 engaging guest speakers and other event supplies, so communities can host high quality, engaging 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, register an event, and look up events in your local area on the Queensland Mental Health Week website,” she said.

“Last year there were more than 500 Queensland Mental Health Week events across the State.

Queensland Mental Health Week will be held from 5-13 October 2024, encompassing World Mental Health Day on 10 October, with the theme “Connect for Mental Health”.

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. *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

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Funded events

Please see below a full listing of successful grant recipients from the 2024 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?
Across Queensland			
The Kodaly Music Education Institute of Australia Queensland Branch Inc	Together Sing 2024	Statewide	Yes
Cairns and Hinterland			
Rural and Regional Therapy Services PTY LTD	Mental Health Week Art Exhibition	Cairns	Yes
Wheels of Wellness Ltd	The Art of Connections	Cairns	Yes
Marlin Coast Neighbourhood Centre Inc	Connection and Purpose Healthy Mind, Healthy Body	Cairns	Yes
Neami Limited	Paint By Numbers	Cairns	No
Earlville Pony Club Inc	The Healing Community Screening	Cairns	Yes
Trading Mate Pty Ltd	QMHW for Cairns Small Business Owners	Cairns	No
RETURNED AND SERVICES LEAGUE OF AUSTRALIA (QLD BRANCH) CAIRNS SUB BRANCH INC.	KickStart your Day - Breakfast	Cairns	No
Aspire Cairns Community Limited	Head in the Game	Cairns North	Yes
Cassowary Coast Regional Council	Qigong @ Your Library	Cardwell, Tully, Mission Beach, Innisfail	Yes
COEN REGIONAL ABORIGINAL CORPORATION	Mitpi Ceremony	Coen	Yes
Mulgrave Landcare and Catchment Group Inc.	Nature for Mental Health	Deeral	Yes
Djarragun College	Mindful Connections	Gordonvale	No
ISCP&C Association	Mental Health Week	Innisfail	No
MAMU HEALTH SERVICE LIMITED	Cassowary Coast Addressing Mental Health	Innisfail	Yes
Eacham Community Help Organization (trading as ECHO Empowering Services)	Community Connection EXPO	Malanda	Yes
Cairns African Association	Mindful Together	Manunda	Yes
Mundoo State School P&C	Mundoo State School Mental Health Week	Mundoo	Yes

Organisation	Event title	Location	Public?
PORT DOUGLAS PRIMARY P&C ASSN	Intergenerational indigenous Art Expo	Port Douglas	Yes
RAVENSHOE STATE SCHOOL P&C ASSOCIATION	Cultural Feast	Ravenshoe	No
FNQ Nature Quest Ltd	Connect in Nature for Wellbeing	Redlynch	Yes
Tropical North Learning Academy - Trinity Beach State School Parents and Citizens Association	Belonging Breakfast	Trinity Beach	Yes
Central Queensland			
Emerald & District Social Development Association Inc Trading as Emerald Neighbourhood Centre	Connect Community Together	Emerald	Yes
LIVINGSTONE SHIRE COUNCIL	Livingstone – Mental Health Matters, 2024	Emu Park, Keppel Sands, Cawarral, Yeppoon, Glenlee and Byfield	Yes
COLLECTIVE ACTION SOCIAL IMPACT LTD	Gladstone Mindcare Community Connect	Gladstone	Yes
PANTIB PTY LTD	Mental Health Matters	Gladstone	No
Mind Australia	Step Up Step Down	Gladstone	Yes
Parkhurst State School Parents and Citizens Association	Let's All Chill	Parkhurst	No
Roseberry Community Services Limited	Queensland Mental Health Week Scavenger Hunt	Rockhampton	Yes
Every Child CQ	Spill Your Tea - bringing your stories into the open	Rockhampton	Yes
YEPPOON STATE HIGH SCHOOL P&C ASSN	Mental Health Week + Exo	Yeppoon	No
Central West			
Blackall-Tambo Regional Council (Blackall Neighbourhood Centre)	'Positive Vibes - Community Wellness Day'	Blackall	Yes
Outback Barrel Horse Circuit	'Making Strides for Mental Health'	Jundah	Yes
Royal Flying Doctor Service of Australia (Queensland Section)	RFDS Longreach Base Open Day	Longreach	Yes
Darling Downs			
Rural and Remote Mental Health	Fabulously Fun Feel Good Friday	Chinchilla	Yes

Organisation	Event title	Location	Public?
One Civil Ground Aboriginal Corporation	Mind Over Matter	Dalby	No
Returned & Services League of Australia (Queensland Branch) Murgon Sub-Branch Inc	Community awareness supporting positive mental health	Murgon	Yes
Burnett Inland Economic Development Organisation Inc	Mindful Blooms - South Burnett Community Connection Events	Murgon	Yes
RETURNED & SERVICES LEAGUE OF AUSTRALIA (QUEENSLAND BRANCH) NANANGO SUB-BRANCH INC	Mental Wellness Matters-Meet and Greet	Nanango	No
Tara Shire State College P&C Association	Queensland Mental Health Week at Tara Shire State College	Tara	Yes
Texas and District Drought Support (TADDS)	Mental Health Week - Texas Wellness Week	Texas	Yes
Toowoomba State High School	Mental Health Expo 2024	Toowoomba	No
Jaydon Adams Memorial Foundation	Community Connections	Toowoomba	Yes
UNIVERSITY OF SOUTHERN QUEENSLAND	UniSQ Mental Health Week	Toowoomba	No
Western Downs Regional Council	Building Self Esteem Workshops for Children	Western Downs (four locations TBC)	Yes
Wondai Woodworkers Incorporated	Wood and Resin Workshop	Wondai	Yes
Gold Coast			
Queensland Injectors Health Network	Moving for Mental Health	Burleigh Heads	No
Coomera Rivers State School P&C Association	Yarn & Eats: Bumbung Jarjumms (Healthy Children in Yugambeh)	Coomera	No
Elanora SHS P&C Association	Embracing Diversity - A morning of Insights, Connection and Empowerment	Elanora	No
Australian National Chinese Women's Federation Inc	A Better You	Gold Coast	Yes
Upper Coomera State College P&C Association	UCSC Mental Health Week	Gold Coast	No
EVERYBODY NOW! LTD	Skate Mates	Gold Coast	Yes
Helensvale State High School	Reflection and sensory garden	Helensvale	No
THE NOLEDGE HOUSE PTY LTD	MAD: Music & Dance for Mental Health Awareness	Labrador	Yes
Norfolk Village State School P & C Association	NVSS Art Connect: Self, Community, Others & Nature	Ormeau	No

Organisation	Event title	Location	Public?
Gold Coast Men's Walk and Talk Inc.	Gold Coast men's Walk and Talk Mental Health Week Expo	Oxenford	Yes
Ormeau Primary P&C Association	Unveiling Ormeau State School's School Mural	Pimpama	No
Pimpama State School	Let's Connect Breakfast	Pimpama	No
ROBINA STATE HIGH SCHOOL PARENT AND CITIZENS ASSOCIATION	Robina State High School - Qld Mental Health Week	Robina	No
THE MIGRANT CENTRE ORGANISATION INC.	Seniors Connect for Mental Health	Southport	Yes
Latin Community Hub Inc	Together for Mental Health - Juntos por la Salud Mental	Southport	Yes
Sunnyside Australia PTY LTD	Better Mental Health Community Wellness Day	Southport	Yes
Yarrabilba State Secondary College P and C Association	QMHW@YSSC	Yarrabilba	No
Mackay			
Healthy Kids Project Inc.	Happy Hike 2024	Airlie Beach	Yes
Stella Community	Sowing the Seeds of Well Being	Bowen	Yes
PROSERPINE YOUTH CLUB INC	Lego mental health challenge	Proserpine	Yes
Airlie Beach Chamber of Commerce (trading as Whitsundays Coast Chamber of Commerce)	Mental Health Check Up for Your Business	Proserpine	Yes
Metro North			
Footprints Community	PBGS Wellness Day	Albion	No
Picabeen Community Association Inc	Mental Health Awakening	Brisbane	Yes
Kenyan's in Queensland	Kenyan's In Queensland Men Mental Health Seminar	Brisbane	Yes
Queensland Council for LGBTI Health	QCGP+ Poetry for Mental Health	Brisbane	Yes
WNDR Studios	A WNDRful Morning - Mindful Art and Movement Workshop	Brisbane	Yes
ABORIGINAL CENTRE FOR THE PERFORMING ARTS PTY LTD	Wellness Network Lunch hosted by ACPA	Brisbane	Yes
Mary Mackillop College	MMC Wellbeing Week	Brisbane	No

Organisation	Event title	Location	Public?
KENMORE PARK PRESCHOOL & KINDERGARTEN ASSOCIATION INC.	Engaging your child in discussions about mental health and wellbeing	Brisbane	No
RETURNED & SERVICE LEAGUE OF AUSTRALIA (QUEENSLAND BRANCH) CABOOLTURE-MORAYFIELD AND DISTRICT SUB BRANCH INC	Build Your Brain Toolbox	Caboolture	Yes
Deception Bay Neighbourhood Centre Incorporated	Men's Mental Health Forum in Deception Bay	Deception Bay	Yes
SUNRISE HOLISTIC HEALTH AND WELLBEING PTY LTD	Yarn and Art Workshops	Deception Bay	No
St James College	Connect for Mental Health	Herston	No
Latin Choir Brisbane Inc.	Voices of Unity - A Harmonious Path to Healing	Kedron	Yes
With Grace Therapy	Mental Health Is Everyone's Business	Kedron	Yes
Cystic Fibrosis Queensland Limited	Trusted Care Cares for our Carers	Nundah	Yes
NORTHSIDE CONNECT INC.	4012 Wellbeing Expo	Nundah	Yes
AUSTRALIAN TRADE COLLEGE NORTH BRISBANE LTD	Australian Trade College North Brisbane and MRAEL QMHW 2024	Scarborough and Brendale	No
Trek2Health Ltd	Twilight Blue	The Gap	No
The Gap State High School P&C Association	TGSHS Connect for Mental Health Market	The Gap	No
Metro South			
Balmoral state high school P&C Association	Connect for mental health	Balmoral	No
Brisbane Seinendan Inc	Mental Wellbeing for Japanese 2024	Brisbane	Yes
St Aidan's School Council Limited	Mental Health Week	Brisbane	No
Mater	Beads of Hope and Recovery	Brisbane	Yes
MUNUNJALI HOUSING AND DEVELOPMENT COMPANY LIMITED	Indigenous Mental Health Awareness Day	Brisbane	Yes
MACGREGOR PRIMARY SCHOOL OUTSIDE SCHOOL HOURS CARE	Mentally Healthy Communities at MOSHC	Brisbane	No
GROW	'Connect for Mental Health: Self, Community, Others, Nature' Afternoon	Brisbane	No

Organisation	Event title	Location	Public?
Balanced Quartet Pty Ltd	Finding Flex - Think, Feel, Do, Connect	Brisbane	Yes
Community Partners Ltd	Mental Health Matters - Making Our Voices Heard	Brisbane	Yes
Australian International Islamic College	Mental Health for youth	Durack	No
Grand Avenue State School P & C Association	Mental Health Week at Grand Avenue	Forest Lake	No
Greenslopes House	Greenslopes House Community Day	Greenslopes	Yes
NURSERY ROAD STATE SPECIAL SCHOOL P&C ASSOCIATION	Mindfulness with sensory CLAY Play	Holland Park	No
Blackbutterfly Group Services	Hope Warrior	Logan	Yes
WOMEN'S MENTORING FOUNDATION LTD	Safe At All Ages	Logan	Yes
Logan City Special P&C Association	LCSS Connect for Mental Health Week	Logan	No
Karakan	Pacifika Mental Wealth & Connections	Logan	Yes
Arafmi Ltd.	Multicultural Community Leaders Mental Health Connection	Logan	No
Envision Spiritual Prosperity Inc.	CONNECTING COMMUNITY FOR MENTAL HEALTH RECREATIONAL LIVE MUSIC EVENT	Logan	Yes
Kingston East Neighbourhood Group Inc	Wellbeing festival	Loganholme	Yes
HILLIARD PRIMARY P&C ASSN	Sensory Garden - Connecting in Nature	Redlands	No
INDEL-ABILITY ARTS LTD	SHE Regional Tour and Workshops	Redlands, Logan, Bundaberg, Gold Coast	Yes
Sherwood Neighbourhood Centre Incorporated	Connected Families	Sherwood	Yes
Islamic Womens Association of Australia	Mental Health Awareness for CALD Community	Springwood and Redcliffe	Yes
Stretton State College P&C Association	Mental Health Week at Stretton State College	Stretton	No
Sunnybank Hills State School P&C Association	Positive Mindset Creative Arts Festival 2024	Sunnybank	Yes
Royal Society for the Prevention of Cruelty to Animals	RSPCA Mental Health Month	Wacol (and statewide)	No
Australian School of Meditation and Yoga	Wellbeing Day Festival Brisbane 2024	West End	Yes

Organisation	Event title	Location	Public?
Wynnum State School P&C Association	Student Art Competition: Connecting for Mental Health Awareness and Support	Wynnum	No
North West			
Cloncurry Shire Council	The EmpowerMENT BBQ	Cloncurry	Yes
CAMPFIRE HEALING INDIGENOUS CORPORATION	Outback Indigenous Women's Group tackling mental health	Mount Isa	Yes
South West			
Balonne Shire Council	Hooked On Mental Health	St George	Yes
Sunshine Coast			
Bli Bli State School P and C Association	Bli Bli Wellness Breakfast	Bli Bli	No
Coolum HeARTs Inc	Sing Out 2024	Coolum	Yes
Currimundi Special School P&C	Petting Zoo Positivity	Currimundi	No
Gympie Women's Shed	Journey To Mindfulness	Gympie	Yes
Sunshine Coast Regional Council	Mental Health Week Tree Planting 2024	Mooloolaba	No
Lutheran Church of Australia Queensland District	Connect 4 Mental Health Nambour	Nambour	Yes
Nambour Community Centre Inc	CALD Multicultural Song & Dance and Venture Into Nature	Sunshine Coast	Yes
Kanyini Connections Ltd - Hoofbeats Sanctuary	Make Time For Mental Wellbeing Day	Sunshine Coast	Yes
Townsville			
Burdekin Men's Shed Association Inc.	Burdekin Men's Shed Cuppa Chat & Chew	Ayr	Yes
FLEXI QUEENSLAND LIMITED	Flexi QLD Mental Health & Wellbeing Expo	Ayr	Yes
Ayr State High School Parents and Citizens Association	Ayr High Mental Health Week Celebration - Stay Connected	Ayr	No
Burdekin Shire Council	Community Health and Wellbeing Expo	Burdekin	Yes
Townsville Aboriginal and Torres Strait Islander Corporation for Health Services	Mental health week at TAIHS	Garbutt	Yes
OONOONBA STATE SCHOOL PARENTS & CITIZENS ASSOCIATION	Ooononba State School Annual Feel Good Expo 2024	Idalia	No

Organisation	Event title	Location	Public?
Kirwan High P & C Association	Connect with yourself, Connect with others	Kirwan	Yes
JAMES COOK UNIVERSITY	Mindful Warriors Full-Day Retreat: A Veteran Community to Combat Stress	Townsville	Yes
headspace National Youth Mental Health Foundation Ltd Townsville	headspace Day 2024	Townsville	Yes
Thuringowa High School P&C Association	Community Connect Day	Townsville	No
NEUROKINDRED PTY LTD	Thriving Autistically-An Online Wellbeing Event for Autistic Adults	Townsville (and online)	Yes
West Moreton			
The Mindful Harvest Inc.	Green Connection: The Veteran Healing Community	Benarkin	No
The Baptist Union of Queensland - Carinity	Health and Wellness Expo	Boonah	Yes
Veteran Gaming Australia Limited	Social Community Outing	Harrisville	No
Women empowerment and leadership association	Hear her voice	Ipswich	Yes
Gailes Residents Committee	"Sip and dip" for wellbeing	Ipswich	No
Lowood State High School P & C Association	Lowood State High School QMHW	Lowood	No
Ripley Valley State Secondary College	Wellbeing Expo	Ripley Valley	No
Withcott Primary P&C Association	Mental Health Week Bingo Challenge	Withcott	No
Wide Bay			
Bundaberg Street Law Ltd	Empower & Connect: Women's Circle for Positive Mental Health	Bundaberg	Yes
Bundaberg Regional Council	Connect4Wellbeing	Bundaberg, Childers, Gin Gin	Yes
Veterans of Australia Association INC	Campfire Mates	Hervey Bay	No
Wesley Mission Queensland trading as headspace Maryborough	Headspace Maryborough Bright Ball 2024	Maryborough	Yes
The Richmond Fellowship Queensland	2024 Wide Bay Mental Health Week Event	Multiple across Wide Bay	Yes
North Burnett Community Service INC.	Wellness Expo	Mundubbera	Yes
Wide Bay Advocacy Inc	Queer & Connected: LGBTQI+ Mental Health Workshop	Wide Bay	Yes