



Media Release

SA Health

Monday, 4 July 2016

MENTAL HEALTH WEEK GRANTS AVAILABLE

Rural organisations are invited to apply for grants of up to \$1000 to fund community events that raise awareness and understanding of mental health during Mental Health Week in October.

Director of Mental Health Strategic Operations, Umit Agis said Country Health SA, in partnership with the Mental Health Coalition of SA, is offering up to \$10,000 in funding for unique and supportive activities.

“Mental Health Week is an opportunity to raise awareness of mental illness and to foster a greater awareness in the community, thereby reducing the unjustified stigma often associated with it,” said Mr Agis.

“It also highlights the importance of maintaining one’s own mental wellbeing and to offer support to those who may be experiencing mental health issues in your community.

“At this year’s Mental Health Week in October we would like all South Australians to stop and ask, ‘How’s my mental health?’.”

Mental Health Week 2016 will run from 9-15 October and is co-ordinated by the Mental Health Coalition of South Australia, the peak body of the non-government community mental health sector.

Executive Director of the Mental Health Coalition of South Australia, Geoff Harris said last year 13 communities received grants toward their regional events grants.

“We are so pleased to be given the opportunity to partner again this year with Country Health SA in providing this funding,” Mr Harris said.

“These rural grants are a great way to help regional South Australians better understand their mental health and what they can do to improve it.

“Whether you live in the city or the country, there are things that we can all do to take better care of our mental health.”

Grant applications and more information can be found at the website www.mhcsa.org.au/rural-grants-2016

The deadline for applications is Friday, 29 July 2016.

For more information

Call the SA Health Media Line
Telephone: 08 8226 6488

 www.twitter.com/sahealthnews

 www.youtube.com/sahealthaustralia