**Monday 10 April 2017**

**Media Release**

**$1000 Grants for Mental Health Week**

**Applications Now Open**

Got a great idea for Mental Health Week? Then apply for a reimbursement grant?

Community groups are encouraged to apply for reimbursements grants of up to $1000 to help cover the costs of hosting an event as part of Mental Health Week. The number of reimbursements available is limited so submit your application today.

Applications close 5pm Thursday May 18.

The scope of Mental Health Week events is limited only by your imagination and enthusiasm. Mental health promotion encompasses a range of activities that maximise the mental health and wellbeing of individuals and the wider ACT community.

Groups outside of the mental health and health sectors are encouraged to apply.

The reimbursements grants aim to increase public understanding of mental illness and encourage the reduction of stigma and discrimination. The program also aims to promote positive mental health and celebrate the achievements and recovery of people who live with mental illness, their families and carers.

To download the applications package and guidelines go to [www.mentalhealthweekact.org](http://www.mentalhealthweekact.org)

**About Mental Health Week ACT**

Mental Health Week ACT 2017 runs from Sunday 8 October to Saturday 14 October.

Mental Health Week ACT is coordinated by the Mental Health Community Coalition ACT in partnership with ACT Health and a collaboration of community organisations.

**Media Contact:** Zoe Davies/ Emily Roser - 02 6249 7756 - communications@mhccact.org.au
Images, including the official logo and photos from previous events are available.