

18 September 2017

## Grants add burst of colour

**Forty-four community groups around the State will share \$88,600 in grants to host community events during Queensland Mental Health Week (8-14 October).**

Funded by the Queensland Mental Health Commission, and managed by the Queensland Alliance for Mental Health, the Community Event Grants seek to increase community engagement and involvement in Queensland Mental Health Week (QMHW).

**Mental Health Commissioner Ivan Frkovic** said Queensland Mental Health Week served to remind all Queenslanders to value their mental health and wellbeing.

He said one funded event included a 'school colour run', bursting with colour and exuberance, and involving the whole school community and local service providers.

"What better way to make people think about their own mental health, and the things we can do in our daily lives to build and sustain positive mental wellbeing," he said.

"It's one of many ways communities across the State plan to mark mental health week."

Mr Frkovic said: "Importantly, the week helps promote ongoing local community conversation and momentum around mental health and wellbeing.

"The week also creates greater community awareness and understanding of people with a lived experience of mental illness, celebrates their lives, and recognises the contribution of the people, organisations and community groups who support them."

**Queensland Alliance for Mental Health CEO Kris Trott** said funded events had a strong focus on engaging the broader community through family days, promoting mental health education and resources, as well as linkages to local community and service networks.

"It's very exciting to see the calibre and creativity of events which promise to reach out, inform and attract community involvement in mental health week.

"There are many ways people can participate in mental health week in their community, school or workplace," Ms Trott said.

"Look up events in your local area on the Queensland Mental Health Week website [www.qldmentalhealthweek.org.au](http://www.qldmentalhealthweek.org.au), or get inspired to host your own event."



Ms Trott said Queensland Alliance for Mental health was pleased to partner with the Commission to support the grant program.

Funded events include:

- Make a splash on the Sunshine Coast at a community recreational fishing family day to foster inclusion, engage and educate on mental health and wellbeing
- Relax at the 'Zen Den' and family fun day in Townsville. The interactive Zen Den teaches awareness of anxiety, and mindfulness and relaxation strategies
- Cairns will host an Aboriginal and Torres Strait Islander arts and culture festival to promote the importance of culture to community social and emotional wellbeing
- By the light of the silver screens — communal movie nights in regional and remote communities are bringing people together to talk positive mental health and wellbeing.

For more information about the grant program and grant recipients visit the [QMHW Community Event Grants webpage](#)

ENDS

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