

September 2019

2019 Queensland Mental Health Week grant recipients

The grant program is funded by the Queensland Mental Health Commission and administered by the Queensland Alliance for Mental Health.

	Organisation	Community	Description
1	Benowa State High School	Gold Coast	Benowa State High School will be holding a school picnic and hosting fun activities that are mental health-related and include the six steps to improve wellbeing to inspire people to value their mental health.
2	Brettacorp	Murrigal	This event will celebrate life and cultural diversity in today's hectic world, promoting Mental Health Week objectives and creating habitat for endangered species in the region. QMHW 2019 will be celebrated with a sausage sizzle and dialogue with professionals in the fresh air surroundings of the forest.
3	Logan East Community Neighbourhood Association	Logan	Logan East Community Neighbourhood Association is hosting a sausage sizzle to promote Queensland Mental Health Week and raise mental health and wellbeing awareness in the Logan region.
4	Castle Hill Spinney	Douglas	Staff and volunteers of Ronald McDonald House Charities North Australia will be trained by Lifeline Australia in accidental counselling. This will help staff and volunteers maintain good mental health and to support people having a difficult time.
5	Central Queensland Rural Health	Biloela	The event will provide a free, family-friendly community day with BBQ. Activities including storytelling, games, yoga, fitness, face-painting and guest speakers will showcase different approaches towards improving mental health and will provide the opportunity to connect with others in the community.
6	Cystic Fibrosis Queensland	Brisbane	Cystic Fibrosis Queensland will provide a training day to help cystic fibrosis carers develop skills to support a partner, family member or friend developing a mental health problem or experiencing a mental health crisis, as well as developing personal resilience and wellbeing. This course goes towards provision of care for the carers.
7	Edmund Rice Flexible Learning Centre	Gympie	This event is a collaborative day involving Mental Health First Aid Australia delivering a two-day course to 20 people. The diverse group will include young people from James Nash SHS, Gympie SHS and the Gympie Flexible Learning Centre.
8	Ethnic Communities Council of Queensland	Brisbane	A mental health education seminar for the Chinese community in Brisbane will include Chinese-speaking medical professionals, including a GP and a psychologist, to present mental health information and address major barriers to accessing mental health services, such as language, culture, stigma and discrimination.

	Organisation	Community	Description
9	George Street Neighbourhood Centre Association	Mackay	The Neighbourhood Hub will deliver a three-hour Mindfulness Art Workshop for the Mackay community, targeting CALD residents and senior community members (up to 25 people). The workshop will be facilitated by local visual artist Marissa Moore.
10	Glenala State High School	Brisbane	Glenala State High School will host a free colour run and BBQ for students and staff, with stalls from local mental health service providers to offer information about services availability and accessibility in their community.
11	Goompi Projects	Stradbroke Island	Goompi Projects will invite the community on North Stradbroke Island, Minjerrabah, to take time to talk about mental health. Goompi Projects Saltwater Healing aims to promote mental health and wellbeing, create understanding of mental illness, and celebrate the lives of people living with mental illness. The event includes a range of activities, culture and educational talks, art workshops, sound healing, weaving and sports workshops
12	Holidays for Health	Brisbane	An event will be held at Bribie Recreational Centre for women in the Moreton Bay region over 18 who identify as having experienced mental illness and are experiencing financial hardship. It will provide an opportunity for women with a lived experience of mental illness to enjoy a break and participate in enjoyable and relaxing activities including yoga, hula hooping, art therapy and music therapy.
13	Innisfail State College	Innisfail	Innisfail State College will host a staff wellbeing morning tea with a guest speaker from EdLinQ to talk about the importance of making time for mental health.
14	James Cook University Student Association	Townsville	James Cook University Student Association will host a free BBQ, with a guest speaker from The Black Dog Institute, a mini market day, mindfulness, yoga, and onsite councillors and advocates to raise awareness of the importance of taking time to focus on mental health and wellbeing.
15	Kilkivan Veteran's and Community Men's Shed Association	Kilkivan	Kilkivan Lions park will host inclusive outdoor games including chess-in-the-park, as well as other games in the Kilkivan Public Hall.
16	Kingston East Neighbourhood Group	Brisbane	This inclusive event will cater for the diverse cultural community of Logan. Activities will include local mental health and community service information stalls, meditation, planting, wellness activities, art workshop and morning tea.
17	Kuranda District State College	Kuranda	Kuranda District College will host an event engaging students and teachers. Activities include workshops, relaxation and mindfulness activities and zumba. A BBQ lunch will provide education on the benefits of healthy eating and mental wellbeing.
18	Gordonvale Health Service Trust	Gordonvale	Gordonvale Health Service Trust will host a week-long town centre of wellbeing and mental health. Activities will include pool, yoga, a community walk, smoking ceremony, dance, an art exhibition, and an LGBTIQ representative presentation.

	Organisation	Community	Description
19	Lockyer Information & Neighbourhood Centre	Gatton	A one-day workshop will provide practical information, tools and resources to enhance and encourage self-care and break down barriers and stigma associated with mental illness.
20	Loganlea community association	Logan	A mini expo will include local mental health organisations, state and federal government members, schools, and representatives from the NDIS, medical services, Queensland Health and Indigenous health clinics to showcase available programs. The expo will include stalls and guest speakers.
21	Mackay Northern Beaches State High School	Mackay	A whole school approach to taking time for exercise for mental health will include a self-care session for staff, incorporating the benefits of physical activity and experience of taking time for tai chi, followed by a take-away healthy snack.
22	Mount Gravatt Community Centre	Brisbane	Mount Gravatt Community Centre will partner with the Hibiscus Health Complex and other organisations and services to deliver a 'Making Wellness Your World' mental health week day with a focus on encouraging people to invest time in their mental health and wellness, through mental health education, wellness strategies and activities, and linkages to local activities and services.
23	Neighbourhood Centre Maryborough	Maryborough	This Music and Mental Health event will feature music as a form of therapy, with local artists providing entertainment including singing and dancing and music videos to demonstrate how music can improve brain health and mood.
24	Ngoonbi Community Services Indigenous Corporation	Kuranda	A Community Families Gathering Day will celebrate Mental Health Week by sharing stories, yarns, singing, dancing, music, cultural crafts including basket-weaving and traditional games. A BBQ to feed the township will bring everyone together.
25	Nintiringanyi Cultural Training Centre	Cairns	Nintiringanyi Cultural Training Centre will host an event including yoga, meditation, and an emotional freedom technique for kids and adults.
26	North Coast Aboriginal Corporation for Community Health	Birtinya	This event will provide social and wellbeing support for Aboriginal and Torres Strait people who live with mental illness. It will engage them in cultural activities that contribute to their identity as an Aboriginal and Torres Strait Islander person and will offer a safe place for participants to join yarning circles to share stories and experiences around mental health.
27	North Townsville Community Hub Inc	Townsville	North Townsville Community Hub will host a Tree wrapping project with high school students in the main street in North Townsville, as well as a Random Acts of Kindness Blitz that will 'blitz' one suburb at a time with RUOK balloons overnight. The event will include a mental health and wellbeing expo.
28	Northern Beaches State High School	Townsville	Northern Beaches State High School will shine a light on mental health by creating a designated community space in the school. Students will create a wall mural and build a specially designed bench to be unveiled during the event. There will be a mini expo of local support services, mental health-related activities and information.

	Organisation	Community	Description
29	Open Doors Youth Service	Brisbane	Open Doors Youth Service Inc. will hold an all-day event of creative arts therapies focused on supporting and improving mental health for LGBTI+ Sistergirl and Brotherboy young people aged of 12-24 and their families, carers and support people. It will include free art therapy, drama therapy, and music therapy, and self-care workshops ranging from macramé, drumming and movement to traditional rock painting with local Aboriginal arts therapists.
30	Optimise Health and Wellness	Palm Island	This event is for all age groups and socio-economic backgrounds. Participants will create a poster of their lives using the Kawa model.
31	PCYC Emerald	Emerald	This fun and interactive event will give participants skills and education and a better understanding of mental health. It will improve community connection through learning about local services, with workshops, guest speakers, a local dance group and interaction with people with lived experience.
32	Picabeen Community Association	Brisbane	This event will connect the community to mental health services through activities and promoting support networks for a greater sense of well-being. Activities include tai chi, a healthy eating workshop, stories of lived experience and mindfulness activities.
33	Pimpama State Secondary College	Gold Coast	This event offers parents and students activities including tree/herb planting, nature-based art activities, meeting a mentor, sports-based and outdoor activities, yoga and mindful meditation, and art and craft.
34	Queensland Police-Citizen Youth Welfare Association	Mount Isa	Queensland Police-Citizen Youth Welfare Association will host "Pause to refresh" introductory meditation, delivered by a registered nurse and health coach.
35	Redlynch State College	Cairns	Redlynch State College will host an expo with sport and rec clubs, dance, drama and art groups offering options for students to 'Take Time' for their mental health. Activities include zumba and yoga classes and a BBQ lunch.
36	Rockhampton State High School	Rockhampton	Students, staff and the school community will be invited to a lunchtime activity, 'Take time... to get the "FEELS" for mental health', by connecting hundreds of paper chain "feelings" messages. The messages will come from wellbeing curriculum sessions and discussions during form classes.
37	Sandgate and Bracken Ridge Action Group Ltd.	Brisbane	An all-inclusive event will increase community awareness and engagement in mental health and wellbeing through mindfulness and relaxation workshops.
38	Sherwood Neighbourhood Centre	Brisbane	Sherwood Neighbourhood Centre will host a morning tea, mindfulness, self-care, information on services, trivia and afternoon tea.

	Organisation	Community	Description
39	Thallon Progress Association	Thallon	This event celebrates the resilience and diversity of the Thallon community, bringing people together through music and dance, and sharing information on support services. The event will feature a traditional smoking ceremony by Thallon's Indigenous community, and food, music and dance prepared by Thallon's Fijian Community.
40	The Centre for Women & Co	Macleay Island	The event will begin with a Welcome to Country Ceremony by Quandamooka Indigenous Elders, followed by a yoga flow class. Workshops will include lino-print and zine making, sourdough, kombucha and journalling. Markets will include service provider and community information stalls.
41	The Junction Clubhouse Cairns	Cairns	A garden party will encourage people living with mental illness to come together to have fun and take time for mental health.
42	Toowoomba Clubhouse	Toowoomba	Toowoomba Clubhouse staff and a mental health specialist will offer a therapeutic art workshop, promoting creativity for mental health and wellbeing.
43	Townsville Intercultural Centre	Townsville	The Townsville Intercultural Centre's "Take Time To Mind Your Thoughts" one-day training session will help participants understand the mind, mental health, illness and wellbeing, with practical tools to manage their own mental health and others'.
44	Welcoming Intercultural Neighbours	Rockhampton	Welcoming Intercultural Neighbours will host a lunch with healthy food from local multicultural communities, a relaxing art activity and a presentation about exploring culture to nurture mental health.
45	Woodhill State School	Logan	Woodhill State School will host a health and wellness day for students, parents and carers, with yoga instruction for mindfulness and relaxation and naturopathy and nutrition advice for healthy meals.

END