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ABOUT THE AWARDS

The Northern Territory Mental Health Coalition proudly presents the 2020 Mental Health Week Community Awards.

The Awards recognise exceptional individuals and organisation who demonstrate outstanding commitment to improving the lives of people with a mental illness.

The seven Mental Health Week Award categories are:

1. Lived Experience Award
2. Young Persons Award
3. Mental Health Workers Award
4. Carers Recognition Award
5. Phil Dempster Award
6. Volunteer Advocate Award
7. Excellence in Mental Health Workplace Award

Nomination information & criteria

Who can be nominated?

All individuals who work with or for people with a mental illness in the Northern Territory. Nominations are encouraged from across the Northern Territory.

Nominees must

- Be a current resident of the Northern Territory and
- Agree to be nominated and understand that their information provided in the nomination form (with the exception of contact details) may be used for publicity and promotional purposes.

Who can nominate?

Anyone can nominate an individual they know, work with, or have had an experience with, for an Award. In particular, nominations are welcomed from people living with a mental illness and/or their families, carers, peers, staff, managers etc.

Please keep each nomination to 300 words or less.

Eligibility

The individual or organisation must be based in, and benefit residents of the NT. Individuals from the community, non-government, government and private sectors are eligible for nomination. All nominees must accept their nomination by signing the nomination form.
Nomination form

A nomination form and any additional nomination forms can be downloaded at https://ntmhc.org.au/mental-health-week/awards

All nominations must complete the nomination form and select the category in which they are nominating.

All nominations must be received no later than COB Monday 14th September 2020.

Only completed nominations (either hard copy or electronic) received on or before the closing date will be accepted.

The Process

All award nominators are required to complete the nomination form indicating the award category they wish to nominate and address the evaluation criteria.

Judging Panel

The NT Mental Health Coalition will convene an independent judging panel of people.

The judging panel’s assessment will be based on the entry submission and the responses to the criteria of the nominated category.

All decisions within the discretion of the judging panel are final and no further correspondence shall be entered into.

A finalist will be selected from each category and notified via email.

Award Ceremony

The Award Ceremony will be held on Friday 9th October 2020 at the Doubletree Hilton, 43 Mitchell St, Darwin

All nominees and their nominators will be notified on Friday 25th September. The NT Mental Health Coalition will contact successful and unsuccessful applicant. The Awards Ceremony is a free event and open to all.
Lived Experience Award

Mental illness is very common in our communities and almost half (45%) of Australians will experience a mental illness in their lifetime.

The latest report from the 1Australian Institute of Health and Welfare, Mental health services, July 2020, highlights 20% of Australian experience a common mental health disorder during a 12 month period and 10.6% receive Medicare-subsidised mental health specific services and 4.3 million people receive mental health-related prescriptions in 2018-2019 period.

This award is to recognise individuals with lived experience of mental illness who strive to:

• Raise awareness around the challenges associated with living with a mental illness
• Overcomes challenges to achieve their goals
• Supports other people affected by mental illness through advocacy
• Educates themselves and others around the facts of mental illness
• Works collaboratively with organisations, individuals and the wider community to raise positive awareness
• Works to reduces stigma around mental illness in the community
• Contributes to the community either in a paid or unpaid role

You can nominate yourself or nominate someone else on their behalf, for example you might like to nominate a friend or colleague who has a lived experience of mental illness and has made a positive difference to mental health in the NT. If your nomination is for another person you must seek their approval prior to submission.

Nominees must be a resident of the Northern Territory.

Young Person Award (aged 12 – 25)

Mission Australia’s 2019 Youth Survey 2found that a total of 25,126 young people between the ages of 15 and 19 responded to the survey. Young people were asked to list the three issues that they considered were the most important in Australia today. The top three issues identified by young people were mental health, the environment and equity and discrimination.

This award recognises a young person who displays an advocacy role, promotes positive mental health and wellbeing and actively raises awareness in the community. Discusses barriers encountered and how these barriers can be overcome.

A young person needs to display the following:

• A champion that demonstrates a passion for mental health advocacy

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2020 Mental Health Week Nomination Pack

- Are mindful of their own mental wellbeing
- Support others to look after their mental health and wellbeing

You can nominate yourself or nominate someone else on their behalf, for example you might like to nominate a friend or colleague who has made a positive difference to mental health in the NT. If your nomination is for another person you must seek their approval prior to submission.

Nominees must be a resident of the NT.

**Mental Health Carers Recognition Award**

The mental health carer’s recognition award recognises and celebrates unpaid carers, who support individuals with lived experience of mental health across the NT. The award’s aim is to raise awareness and acknowledge the extraordinary contribution unpaid carers make in the NT.

This award will be presented to an unpaid carer:

- A person who’s is caring for a person living with a mental illness
- Their contribution to reducing stigma for the individual they care for, or others in the in the community
- The carers involvement to supporting a person in community activities
- How does this support improve the health, confidence and/or wellbeing of the individual being cared for?
- How does the carer’s advocate on behalf of the individual they care for and their own rights as a carer?

You can nominate yourself or nominate someone else on their behalf, for example you might like to nominate a friend or colleague who has made a positive difference as an unpaid carer. If your nomination is for another person you must seek their approval prior to submission.

Nominees must be a resident of the NT.

**Mental Health Workers Award**

This category is open to any individual working in the community mental health sector, and has made an outstanding contribution to the mental health workforce in the NT, and has a commitment to improving the quality of life of Territorians living with mental illness and promotes their inclusion in the community.

This award will be presented to a Mental Health Worker working in the community mental health sector in the Northern Territory:

- A worker that demonstrates respect and compassion towards people living with mental illness, their families and /or carers
- A commitment to promoting the rights of people with a mental illness
- A commitment to educating the wider community on issues relating to mental illness
- A commitment to positively raising awareness of mental illness in the wider community and
- Promotion of positive mental health in the Northern Territory community

You can nominate yourself or nominate someone else on their behalf, for example you might like to nominate a friend or colleague who has made a positive difference to mental health in the NT. If your nomination is for another person you must seek their approval prior to submission.

Nominees must be a resident of the NT.
Phil Dempster Recognition Award

This award recognises the contribution made by Phil Dempster’s years of advocacy for individuals and their families living with mental illness both within the Northern Territory and Nationally. He made significant contributions to the suicide prevention in the Northern Territory through his foundation membership of the Top End Suicide Prevention Network and through his position as the Northern Territory Network Developer (suicide prevention) for Wesley LifeForce. Phil is remembered fondly for his commitment to supporting families and carers of those with mental health issues.

This category is open to any individual working in the mental health sector, who has made an outstanding contribution to the mental health Workforce in the NT, has a commitment to improving the quality of life of Territorians living with mental illness and advocates their inclusion in the community.

This award will be presented to a Mental Health Worker working in the mental health sector with the following attributes:

- Commitment to promoting the valued role of people with lived experience of mental ill health
- Commitment to promoting the rights of people with a mental illness
- Commitment to educating the wider community on issues relating to mental illness
- Commitment to positively raising awareness of mental illness in the wider community and
- Promote positive mental health across the Northern Territory and Nationally.

You can nominate yourself or nominate someone else on their behalf, for example you might like to nominate a friend or colleague who has made a positive difference to mental health in the Northern Territory. If you are nominating for another person you must seek their approval prior to submission.

Nominees must be a resident of the Northern Territory and working in Mental Health.

Volunteer Advocate Award

This category is open to any individual working as a volunteer in the mental health sector, who has contributed to and has a commitment to improving the quality of life of Territorians living with mental illness in the community.

This award will be presented to a Mental Health Volunteer Advocate working in the community mental health sector in the Northern Territory:

- A volunteer that demonstrates respect and compassion towards people living with mental illness, their families and /or carers
- A commitment to promoting the rights of people with a mental illness
- A commitment to educating the wider community on issues relating to mental illness
- A commitment to positively raising awareness of mental illness in the wider community and
- Promote positive mental health in the Northern Territory community

You can nominate yourself or nominate someone else on their behalf, for example you might like to nominate a friend or colleague who has made a positive difference to mental health in the NT. If your nomination is for another person you must seek their approval prior to submission.

Nominees must be a resident of the NT.
Excellence in Mental Health, Workplace Award

Recognising employers and organisations who have actively created a positive work experience for all employees and supports employees in their mental health and wellbeing in the workplace.

- Provide a brief description of the program or project and how it enhances the quality of life, wellbeing and inclusion of people within your workplace
- What were the key factor which led the organisation to develop and implement this initiative in the workplace?

You can nominate your workplace with permission from the CEO, Senior Management or Chairperson.

You can nominate yourself or nominate someone else on their behalf, for example you might like to nominate a friend or colleague who has made a positive difference to mental health in the workplace.

If your nomination is for another person you must seek their approval prior to submission.

The workplace and the nominees must be a resident of the NT.
NOMINATION FORM

**Award Category** – tick the appropriate box

- ☐ Lived Experience Award
- ☐ Young Persons Award (aged 12 -25)
- ☐ Mental Health Workers Award
- ☐ Carers Recognition Award
- ☐ Phil Dempster Recognition Award
- ☐ Excellence in Mental Health, Workplace Award
- ☐ Volunteer Advocate Award

**Nominee:**

Nominee Name ________________________________________________________________

Age (if applicable to Young Person Award) ____________________________

Address _______________________________________________________________________

Phone ______________________________   Email ____________________________________

**Nominator:**

Nominator Name ________________________________________________________________

Nominator’s Organisation _________________________________________________________

Mailing Address _________________________________________________________________

Phone _____________________________   Email ______________________________________
Please address the criteria (attached) in the space below.

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Nominations are to be forwarded to:
Mental Health Week Awards Panel
PO Box 157
Nightcliff NT 0814 or Email: eo@ntmhc.org.au

Nominations must be received no later than COB Monday 14th September 2020