

# NT Mental Health Week

5 – 13 October, 2024

## CELEBRATING OUR STRENGTHS



## MINI-GRANTS APPLICATION

**TO PROMOTE MENTAL HEALTH & WELLBEING**

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# MENTAL HEALTH WEEK

5 - 13 October 2024

The Northern Territory Mental Health Coalition is the peak body representing community mental health organisations in the NT and in partnership with the Northern Territory Primary Health Network is pleased to support mini-grants for Mental Health Week activities in 2024.

Mental Health Week (MHW) is an annual national mental health promotion campaign that takes place each October and includes World Mental Health Day on the 10th October.

## CELEBRATING OUR STRENGTHS

The theme for this year is **Celebrating Our Strengths**. The aim of the week is to raise awareness, promote good mental health and wellbeing in the wider community and provide information about services available that can offer help.



Mental Health Week is also an opportunity to recognise the valuable contribution of people with lived experience, families, carers, and those working in the mental health sector.

Community awareness and understanding is promoted through events and activities that engage the corporate, community sectors and the wider community.

## Mini-Grants Initiative

Each year the Coalition offers mini grants of between \$500 and \$1000 to community groups and organisations to assist in promoting mental health events during mental health week. The Coalition encourages organisations, schools and community groups to think creatively and collaborate with other organisations, especially ones outside the mental health sector. Consumer, family and carer engagement in the proposed activities or events is also highly encouraged.



## Application Criteria & Eligibility

The Selection Panel will assess the applications against the following criteria:

- An ABN is required, and events must be undertaken in the NT.
- The planned activity must clearly tie in with the theme for Mental Health Week and promote positive mental health and social and emotional wellbeing in the community.

- The level of partnership with other organisations in delivering the event.
- Innovation and creativity of the event.
- The expected level of service users, community, family, and carer involvement.
- Applications featuring diversified income streams and or in-kind support will be considered favourably.

## Submission

Applications close on **Friday 23 August 2024**. Successful applicants will be notified in early September. Grants will be dispersed on receipt of a tax invoice. Please nominate one key contact from your event to liaise with the Coalition office.



An evaluation form will be sent via a survey after your event. The form will ask for a brief summary of how your event raised awareness in the community and how many participated.

As a part of your event, it is your responsibility to promote your event through the Coalition's online calendar at [www.ntmhc.org.au/events/](http://www.ntmhc.org.au/events/)

Please submit your application online at: [www.ntmhc.org.au/mentalhealthweek/minigrant/](http://www.ntmhc.org.au/mentalhealthweek/minigrant/) or complete the form below and email to [admin@ntmhc.org.au](mailto:admin@ntmhc.org.au).

For any enquiries call 08 8948 2246 or email [admin@ntmhc.org.au](mailto:admin@ntmhc.org.au)



## EXAMPLES OF PREVIOUS EVENTS

Past events have been widely varied - from traditional healing, art therapy, exercise programs, traditional food cooking activities, music activities, outdoor cinema event, wellbeing lunches and workshops, screen printing messages of hope and healing, support animal activities to sharing stories of mental illness and recovery pathways, family events and play groups. We encourage you to be creative and collaborative in embracing the theme **Celebrating Our Strengths** with your local community.



This year we're encouraging everyone to get behind Mental Health Week and show support by turning the NT **green**! We've chosen green as the official color for Mental Health Week in the NT because it symbolizes new life, new growth and new beginnings. Why not have a 'Wear Green' day at your school or workplace or think of another creative way to incorporate the color green into your Mental Health Week event.

# NT Mental Health Week 2024 Mini-Grant Application Form

## CELEBRATING OUR STRENGTHS

**PLEASE FILL OUT ALL REQUIRED INFORMATION**

<b>Date</b>	
<b>Organisation</b>	
<b>ABN</b> Australian Business Number	A current ABN is required
<b>Contact Name</b>	Name: Position:
<b>Contact Job Title</b>	(If applicable)
<b>Mobile Number</b>	
<b>Email Address</b>	
<b>Location of Event</b>	
<b>Event Name</b>	
<b>Organisational Partners</b>	(Are you partnering with another service, group or organisation?)
<b>Description of the Event.</b>	300 words or less. Include how the event relates to the theme.
<b>Who is the event for?</b>	
<b>Estimated Attendance</b>	
<b>How wil you publicize it?</b>	
<b>Is the event open to the public?</b>	YES / NO (please circle)
<b>Dollar Amount Requested</b>	*Up to a maximum of \$1,000. If you will be charging GST for the event, this must be identified in the dollar amount you are requesting.



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COALITION