

Mental Health Week Tasmania

Notice Board: July 2011 ed. I



Hello and welcome to the first edition of the Mental Health Week Notice Board!

The Notice Board will be sent out regularly in the lead-up to Mental Health Week 2011, and will aim to keep you informed about the activities of the Mental Health Week Steering Committee; planning for Mental Health Week activities around the state and key dates, deadlines and opportunities in the lead-up to the this very important week!

The Importance of Mental Health Week

Mental Health Week has been in action around Australia from the 1980's, and plays a key role in building community awareness and education about mental health and illness.

Mental Health Week aims to encourage open communication and understanding of mental health and illness; increase help-seeking or preventative behaviours; celebrate achievements of mental health consumers and decrease the stigma surrounding mental illness.

What can your organisation do to participate in Mental Health Week 2011?

The MHW Steering Committee invites organisations and individuals to submit an application for funding of events or activities that will be delivered as part of Mental Health Week 2011.

The overall funding pool is \$20,000 and the funding process is a competitive one. Applicants can apply for grants of between \$500 - \$5,000.

Event funding guidelines and application forms can be found online at: www.dhhs.tas.gov.au/mentalhealth or request a copy by email: laura.banks@dhhs.tas.gov.au

Funding proposals are due by 5:00 pm, Wednesday, 20 July 2011.

Mental Health Week Theme 2011

Keeping the Balance: Investing in Your Mind and Body

Why this theme?

The Mental Health Week Steering Committee chose this as the theme for Mental Health Week 2011 based on feedback received from 2010 event holders.

This inclusive theme recognises the important linkages between looking after our physical health and our mental health.

Key Dates

MHW Funding Process Opens:	29 June 2011
MHW Funding Applications Due:	20 July 2011
Successful Applicants Notified:	29 July 2011
World Mental Health Day:	10 October 2011
Mental Health Week 2011:	9 - 15 October 2011

How to Keep Updated

To subscribe to regular editions of Mental Health Week Tasmania Notice Board email laura.banks@dhhs.tas.gov.au

Follow the link to the Mental Health Week website at www.dhhs.tas.gov.au/mentalhealth

For any other queries phone 6230 7809