

Friday 7 August 2009

MENTAL HEALTH GRANTS TO RURAL COMMUNITIES

The State Government has announced that eleven organisations in regional South Australia have won grants to run events during Mental Health Week in October.

Mental Health Minister Dr Jane Lomax-Smith says the funding of \$7,000 is aimed at helping communities celebrate Mental Health Week.

“One in five South Australians will suffer from mental illness at some stage during their life.

“What we can do as a community is to let people know they’re not alone if they are experiencing mental illness.

“We hope Mental Health Week will improve community awareness and knowledge about mental health illness and help reduce the stigma and discrimination associated with mental health problems.”

Dr Lomax-Smith says it’s important that activities during Mental Health Week target not only people living in metropolitan Adelaide, but the regions too.

“We are very aware that the drought has made it tough for people in the country so we are working with regional organisations to make sure they help country communities to also celebrate Mental Health Week.”

Dr Lomax-Smith says the grants are another way in which the State Government is working with communities, professionals and service providers to dramatically improve and reform South Australia’s mental health services.

“We are investing around \$250 million in our mental health reform, including improved and expanded mental health services for South Australians, with more funding, more beds and more specialist mental health nurses and psychiatrists based in regional areas.”

The Mental Health Coalition of SA, the peak body of the non-government community mental health sector, coordinates Mental Health Week, which runs from October 4 – 10.

List of grants:

VICTOR HARBOR - South Coast Mental Health Network

\$500 for Open Your Mind. Stop the Stigma: A stall in the Victor Harbor Shopping Centre and a community event at the local cinemas incorporating a guest speaker on mental health.

MT BARKER - Adelaide Hills Community Health Service

\$500 for Flannel Flower Garden: A collaborative art project where consumers and carers will create a garden area in Duak Flat community gardens to highlight the issues of discrimination and stigma for people with mental illness.

MURRAY BRIDGE - Murray Mallee Mental Health Week Planning Committee

\$1000 for five community events including:

- An art exhibition showcasing and selling artwork in various mediums, a community BBQ featuring indigenous singers and dancers and mental health week promotions.
- A range of cultural groups will cook and present food from their own culture. This will be a community event to learn about and eat food from different and diverse cultures.
- An information day with stands, entertainment, food stalls, and activities for children.
- A disco and poetry slam at Headspace.

WALLAROO - 'The Station' Community Mental Health Centre, Yorke Peninsula Division of GPs.

\$500 for Not In My Backyard: a display of mental health info and promotion. People will give hands on accounts of how the facility has helped them on their journey through recovery.

BORDERTOWN - Tatiara Council District

\$500 "Open Your Mind" - Various Events including a movie night aimed at men in particular called the MENS ROOM.

PORT AUGUSTA - Mental Health Promotion Committee

\$815 for Mental Health Week Activities including Fancy Dress Karaoke for local people with mental health issues; an evening information session on local mental health services; and a cinema session for children as carers or clients with support for parents.

MANNUM - The Hall

\$450 for Get the Message Out There: a community luncheon with a guest speaker and a radio broadcast to Eyre Peninsula, Coorong, Murray Bridge, Lameroo and the Barossa Valley.

CLARE - Mental Health Services

\$500 for a Mental Health Well-Being Expo and Roadshow which will visit Clare, Riverton, Balaklava and Burra; and stalls at Balaklava and Clare.

PORT PIRIE - Port Pirie Regional Health Service

\$950 for a stigma reduction campaign, including numerous events: 41 displays across the mid north area, open days, forums, a celebration dinner dance, the Port Pirie Poetry Competition at the Red Cross Centre and an entertainment day at the Crystal Brook Scout Hall.

BOOLEROO CENTRE - Mount Remarkable Youth Action Team

\$950 for "Remarkable Music": A two day workshop will be held, with a presentation on mental health issues and then a music workshop to be conducted by Stamp Music Australia to assist young people create a CD. This CD will be produced locally and copies made to be distributed at the local district school and community.

MT GAMBIER

Anxiety Disorders Association South East Inc.

\$335 for "Hugs Day" to promote the importance of hugs for good mental health.