

## Media release

27/08/2025

### For immediate distribution

## **\$150,000 in Grants Boost Community Mental Health Across Queensland**

\$150,000 in community grants has been awarded to grassroots organisations across Queensland to support local mental health and wellbeing events during Queensland Mental Health Week 2025.

The Queensland Mental Health Week Community Events Grant Program, funded by the Queensland Mental Health Commission and administered by CheckUP, is helping bring 150 community-led events to life - from Coen to Stanthorpe, and as far west as Mount Isa.

Events include wellbeing expos, art exhibitions, workshops, festivals, and morning teas, many of which are connected with local mental health services and focus on education and awareness.

Grants range from \$500 to \$2,000, depending on the scale of the event, and are designed to support activities that promote mental wellbeing, reduce stigma, and encourage help-seeking.

### **Creating Connection and Conversation**

Queensland Mental Health Commissioner Ivan Frkovic said the week is a vital opportunity to foster understanding and connection around mental health.

“Mental health and wellbeing are essential for every Queenslanders, including those living with mental ill-health,” Mr Frkovic said.

“We all experience ups and downs, and over 40% of Australians are estimated to have experienced a mental disorder at some point in their lives.

“Good mental health helps us live fulfilling lives, build strong relationships, and navigate challenges, but it takes effort.

“By practicing the six building blocks of wellbeing - get healthy, keep learning, show kindness, connect more, take notice, and embrace nature - we can all support our mental health.”

Mr Frkovic added that Queensland Mental Health Week events play a key role in raising awareness, breaking down stigma, and encouraging people to seek support when needed.

### **Supporting Communities to Thrive**

CheckUP CEO Ann Maree Liddy said the organisation was thrilled to receive over 200 applications for this year’s grants.

“We’re inspired by the creativity and passion of communities across Queensland,” Ms Liddy said.

“The funded events will help strengthen personal and community connections and promote mental wellbeing in ways that are meaningful to each local area.”

“The grants help cover costs like guest speakers and event materials, making it easier for communities to host engaging and impactful events.”



Ms Liddy encouraged Queenslanders to get involved in Queensland Mental Health Week by hosting or attending an event, wearing merchandise, or simply starting a conversation about mental health.

“You can find inspiration, register an event, or search for local activities on the Queensland Mental Health Week website.”

## Queensland Mental Health Week 2025

Queensland Mental Health Week will run from 4–12 October 2025, incorporating World Mental Health Day on 10 October. This year’s theme is “Connect for Mental Health”.

For more information, visit: [www.qldmentalhealthweek.org.au](http://www.qldmentalhealthweek.org.au)

## Need Support?

- **Lifeline** – 13 11 14
- **Suicide Call Back Service** – 1300 659 467
- In an emergency, call **000**

## Media Enquiries

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## Grant Recipients

A full list of successful grant recipients for the 2025 Queensland Mental Health Week Community Events Grant Program is available below.

For enquiries, email: [info@qldmentalhealthweek.org.au](mailto:info@qldmentalhealthweek.org.au)



## 2025 Queensland Mental Health Week Community Events Grant Recipients

Location	Organisation	Event Name
Airlie Beach	Airlie Beach Chamber of Commerce	Understanding and Managing Difficult Workplace Personalities for Better Wellbeing
Aitkenvale	Rotary Club of Townsville Saints	Lift the Lid Walk on Mental Health
Aitkenvale	Unique Partnerships	Juggle the Stigma
Ayr	Burdekin Shire Council	Community Health and Wellbeing Expo
Ayr	Burdekin Men's Shed Association Inc.	Cuppa Chat & Chew 2025
Balmoral	Balmoral State High School P&C Association	Connect with mental health
Beenleigh	Karakan Ltd	Home is Where the Heart is: Connecting with Mental Health
Benarkin North	The Mindful Harvest Inc.	Green Connections
Berrinba	Canefields Clubhouse Beenleigh	Mind over Miles
Bilinga	North Kirra Surf Life Saving Club	NK Youth Amazing Race
Bilinga	Kirra Surf Lifesaving Club	Mental Health Course
Blackall	Blackall - Tambo Regional Council	Mental Health Week Blackall
Bli Bli	Bli Bli State School P&C Association	Bli Bli State School Week of Wellness
Boonah	Boonah State High School P&C Assn	Mental Health Week Expo
Boonah	The Baptist Union of Queensland - Carinity	2025 Health & Wellness Expo
Boulia	North-West Queensland Indigenous Community Social Services Ltd	Family Fun Day
Bowen	Stella Community	Feed the Mind - a Community Lunch and Conversation
Brisbane	Queensland Council for LGBTI Health	Back to Community: QC Connecting for Mental Health
Brisbane	Community Initiatives Resource Association Incorporated	Blue Phoenix Mental Health Week Event
Brisbane	Sunnybank Hills State School P&C Assn	Positive Mindset Creative Arts Festival 2025
Brisbane	Brisbane Seinendan Inc	Mental Wellbeing for Japanese 2025
Brisbane	For A Mate Pty Ltd	Feelings, But Make It Art a Creative Mental Health Gathering
Brisbane	Heartfulness Institute Limited	Mental wellbeing sessions at Sinnamon Park by Heartfulness Institute

Bundaberg	Bundaberg Street Law Ltd	Strengthening Families: Mental Health Forum
Caboolture	RSL Care RDNS Limited	Food For thought
Cairns	The Therapists Pty Ltd	Understanding Coercive Control: Protecting Mental Health
Cairns	Returned And Services League of Australia (Qld Branch) Cairns Sub Branch Inc.	Kick Start your Day - Mental Health Week Breakfast
Cairns	Tropical North Learning Academy-Trinity Beach State School Parents and Citizens Association	Whole School Belonging Fun Run
Calamvale	Australia Telugu Badminton Ltd	ATBC Mental Health Badminton Day – Smash the Stress!
Caloundra	G Kerr & P Hicks Pty Ltd	Community Connection for Mental Wellbeing
Cannonvale	Healthy Kids Project Inc.	RAD RUN CLUB – Cannonvale Community Connect
Capella	Capella Tieri Middlemount Community Support Network Inc	Good Vibrations 2025
Carrara	Australian National Chinese Women's Federation Inc	Thrive Through Challenges
Chermside	Strength Potential Incorporated	MiiND Stall/Workshop
Childers	The Scout Association of Australia Queensland Branch Inc	Where is my Internal Compass pointing?
Childers	The Corporation of the Trustees of the Roman Catholic Archdiocese of Brisbane	Happy Hearts, Healthy Minds.
Cleveland	Indel-Ability Arts Ltd	unleaSHed a series of mental health awareness events for women
Cleveland	Arabica Cleveland Pty Ltd	Mental Health Awareness Day
Cloncurry	Cloncurry Shire Council	Yoga at the Dam
Coen	Royal Flying Doctor Service of Australia (Queensland Section) Limited	RFDS at Conquer the Corrugations
Coen	Coen Regional Aboriginal Corporation	Coen Mitpi Ceremony
Condon	Thuringowa High School P&C Association	Thuringowa SHS Community Connect Day
Coolum Beach	Coolum Hearts Inc.	Sing Out 25
Coomera	Coomera State Special School P And C Association	Brushes & Bright Minds: A Creative Canvas for Mental Wellness
Corinda	The Trustee for the Society of the Sacred Advent - St Aidan's Trust	Bond and Breathe: Mindful yoga
Dalby	Cmm Freedom Pty Ltd	Gratitude and Affirmation Tree workshop

Darling Heights	University Of Southern Queensland	UniSQ Mental Health Month
Douglas	James Cook University	Mindful Warriors Retreat: A Veteran Community to Combat Stress
East Brisbane	Precious Wings Ltd.	Yoga for Grief: Somatic Movement
Eight Mile Plains	Green Families Education Pty Ltd	Heart & Home: Empowering Families Through Emotional and Relationship Education
Elanora	Elanora State High School P&C Assn	Connect & Reflect: A Mental Health Awareness Workshop
Everton Park	Everton Park Primary P&C Association	Kindness Connects Us
Forrest Beach	Neurokindred Pty Ltd	Thriving Autistically: Online Wellbeing Event for Autistic Adults 2025
Fortitude Valley	Aboriginal Centre for the Performing Arts Pty Ltd	ACPA Open Day Lunch for Mental Health
Gatton	Lockyer Community Centre	Nourish & Flourish
Gatton	Lockyer District High School P&C Assn	LDSHS Connect for Mental Health Breakfast
Gatton	PEACE LUTHERAN CHURCH GATTON T/As Anuha	Express Yourself
Gin Gin	Wide Bay Advocacy Inc	Rural Voices, Real Change: Mental Health Advocacy Workshops
Gin Gin	Bundaberg Regional Council	Making mates at the Markets.
Gladstone	Collective Action Social Impact Ltd	Gladstone Mindcare Community Connect
Gleneagle	Gleneagle Primary P&C Association	Community Wellbeing Morning
Gulliver	Cowboys Charity Limited	Deadly Minds, Strong Spirits: Mental Health Week 2025
Gympie	Gympie Women's Shed	Women's Wellness & Self-Care Mini Retreat
Gympie	Kanda Healthcare Pty Ltd	Gympie Mental Health Week Event
Haigslea	Veteran Gaming Australia Limited	Social Community Outing for Veterans and Families
Herston	The Council of the Queensland Institute of Medical Research	The Wellbeing Swap - Connecting Through Conversation
Herston	The University of Queensland	Strong women on Country: Indigenous mental health and climate change
Hervey Bay	Veterans Of Australia Association Inc	Veterans and Family Marketplace Connecting Veteran to Services
Holland Park	Nursery Road State Special School P&C Association	Let the sunshine in
Holland Park West	Grow	Connect for Mental Health' Social
Idalia	Oonoonba State School Parents & Citizens Association	Oonoonba State School Feel Good Expo 2026

Innisfail	Cassowary Coast Regional Council	Cassowary Coast - Comedy for a Cause
Innisfail	Goodstart Early Learning Ltd	""Green Ribbon Connections
Innisfail	Innisfail State College P&C Assn	Mental Health Week @ISC
Ipswich	Screen Sanity Australia Ltd	Connect & Reflect: Tea, Talk, Tools for Digital Parenting Wellbeing.
Jandowae	Western Downs Regional Council	Mental Health Week at WD Libraries
Jimboomba	Impact Care Services Limited	Thrive: A Mental Wellness Day
Karrabin	West Moreton Community Kindergarten Inc	Wellbeing Bags for Families
Kedron	The Corporation of the Trustees of the Roman Catholic Archdiocese of Brisbane	St Anthony's Kedron QMHW Community Breakfast
Kedron	Latin Choir Brisbane Inc.	Voices of Healing
Loganholme	Mynd & Me Pty Ltd	In This Together: A Calm Space for Connection
Loganholme	Kingston East Neighbourhood Group Inc	Connect for Mental Health
Lutwyche	Transforming Life in Change Pty Ltd	Connect for Mental Health
MacGregor	Macgregor Primary School Outside School Hours Care	MOSHC Day on the Green for Wellbeing
Mackay	Innovative Disability Employment and Liaison Placements Assn Inc	Doing it Together
Mareeba	Mareeba & Communities Family Healthcare Ltd.	Strong Minds Grow Strong Communities.
Mareeba	Mareeba Shire Council	Headspace & Health Plates with a local nutritionist
Marsden	Marsden Primary P&C Association	Marsden State School Wellness Packs
Maryborough	Wesley Mission Queensland Limited	LGBTQIA+ Bright Ball 2025
Merrimac	Su Australia Ministries Limited	Wellbeing Wonderland Week
Miles End	Campfire Healing Indigenous Corporation	Outback Bush Healing Workshop 2025
Mitchelton	The Corporation of the Trustees of the Roman Catholic Archdiocese of Brisbane	Resilience Building for Teens
Mitchelton	Picabeen Community Association Inc	Connected Minds, Healthy Lives
Moffat Beach	Supported Care Pty Ltd	Caloundra House Creative Expression Workshop
Monto	Livebetter Services Limited	Monto Neighbourhood Centre Wellbeing Luncheon

Morningside	The Sunlight Centre NFP Ltd	Light Up the Conversation, Sunlight Centre Mental Health Awareness Event
Mossman	Douglas Shire Community Services Association Ltd	The Pursuit Of Happiness - Mental Health Scavenger Hunt
Mount Cotton	The Patient Approach Pty Ltd	Mental Health and Wellbeing Breakfast
Mundingburra	NQ Ummah Care Ltd	Celebrating Mental Health Week for Townsville CALD Communities
Murgon	Returned & Services League of Australia (Queensland Branch) Murgon Sub-Branch Inc.	Rediscover the art of conversation over high tea
Nambour	Lutheran Church of Australia Queensland District	Connect 2 Mental Health Nambour
Nambour	Nambour State College P & C Association	Strong Start
Nanango	Returned & Services League of Australia (Queensland Branch) Nanango Sub-Branch Inc	Nanango RSL QMHW BBQ Event.
Narangba	Narangba Valley State High School P&C Association	Mental Health Expo
New Farm	First Storytellers Collective Pty Ltd	Yarn & Feed: First Nations Artist Lunch
Nobby	Nobby Primary P&C Association	A Piece at a time
North Lakes	North Lakes State College Parents And Citizens' Association	Mental Health Expo and Support Days
Northgate	G R L Enterprises Pty Ltd	Barbeque Breakfast for Mental Health Awareness
Nundah	Nundah Neighbourhood Centre	4012 Wellbeing Expo
Paddington	Heartfulness Institute Limited	Mental wellbeing sessions at Paddington by Heartfulness Institute
Palm Beach	Palm Beach Neighbourhood Centre Inc.	QMHW - "Lets talk - Boys, Parents and Mental Health"
Parkhurst	Parkhurst State School Parents and Citizens' Association	Brekky Munch and Meet
Pimpama	Pimpama State Primary College Parent & Citizens Association	Coffee, Crumpets & Conversations that Matter.
Pittsworth	Pittsworth Primary P&C Assoc	Community Connect
Port Douglas	Port Douglas Primary P&C Assn	Intergenerational Indigenous Art Expo
Proserpine	Proserpine Youth Club Inc	Youth Space Pawathon
Quilpie	Motherland Ltd.	Quilpie Motherland Event, in partnership with Farm Angels
Redlynch	FNQ Nature Quest Ltd	Connect in Nature for Wellbeing 2025
Rockhampton	Roseberry Community Services Limited	headspace Rockhampton Youth Mental Health Festival

Runaway Bay	The Corporation of the Trustees of the Roman Catholic Archdiocese of Brisbane	Kindness Garden
Scarborough	Australian Trade College North Brisbane Ltd	Australian Trade College North Brisbane and MRAEL QMHW 2025
Sherwood	Sherwood Neighbourhood Centre Incorporated	Laughter Yoga & Meditation Workshop
Slacks Creek	Mabel Park State High School Parents And Citizens Association	Mental Health Week at MPSHS
South Brisbane	The Legacy Club of Brisbane Limited	Art Event facilitating mental wellbeing for veterans' families
South Brisbane	Mater Misericordiae Ltd	Grow with Pride: A Mental Health Week Celebration
South Brisbane	Latin Temple Beauty Pty Ltd	Holistic Healing & Empowerment: Nurturing Mental Wellbeing for Women Survivors
South Ripley	Ripley Valley State Secondary College P & C Association	Healing Herbs: Growing Wellbeing Through Connection to Country
Southport	The Migrant Centre Organisation Inc.	Seniors Connect for Mental Health
Spring Hill	The Trustee for the Hully Family Trust	Introduction to Evidence-Based Creative & Expressive Arts Therapy Programs
Springfield Lakes	Vedanta Centre Of Sydney	Mind your Mind
Springwood	Islamic Women's Association of Australia	Safe Space Collage
Springwood	Positive Futures Queensland Pty Ltd	Nourish & Flourish: Mental Health BBQ & Workshops
Springwood	Andhra Association of Queensland Inc	Wellness and Mental Health Awareness
St George	Balonne Shire Council	2025 Hooked on Mental Health
St George	Care Balonne Association Inc.	Wellbeing on the Balonne
Stanthorpe	Southern Downs Suicide Prevention Network	SSHS Market Day
Tallebudgera Valley	Gc Creative Events Inc	Grounded: Creative Conversations in Nature
Tanah Merah	Women's Mentoring Foundation Ltd	Safe at all Ages: Mental Health and Elder Abuse Awareness
Tannum Sands	Tannum Sands State High School P & C Assn	Stronger Together – A day for connection, kindness, and community
The Gap	The Gap State High School P&C Assn	TGSHS Connect for Mental Health Market
Tin Can Bay	Tin Can Bay P&C Association	Break Through Breakie
Townsville	Sisters Inside Inc	Weaving Inside: holding space to yarn
Townsville	The Women's Society Limited	Bloom: A Women's Wellness Gathering for Mental Health Week
Townsville	North Queensland Conservation Council Inc	The Way Out: A Community Film Screening and Mindfulness Event

Townsville	Townsville Community Learning Centre - A State Special School P & C Association	Photovoice: "Seeing School Through Our Eyes"
Townsville	Townsville Private Clinic Pty Ltd	Stronger together: Smashing the Stigma
Trinity Park	Marlin Coast Neighbourhood Centre Inc	Relax take the time and enjoy
Wacol	The Royal Society for the Prevention of Cruelty to Animals (Queensland) Limited	Mental Health Week 2025
West End	Australian School of Meditation & Yoga	Wellbeing Day Festival Brisbane 2025
Wondai	Wondai Woodworkers Incorporated	Wood and Resin Riverboard Workshop
Wynnum	The Trustee for HOME BEYOND HOME	ConnectFest
Wynnum	Y-Care (South East Queensland) Inc.	Wynnum Wellbeing Expo
Yarrabilba	Yarrabilba State Secondary College Parent and Citizen Association	QMHW@yssc
Yeronga	Yeronga State High School P&C Assn	Yeronga SHS Mental Health Week Expo