
Recipients of Australia Post's Community Grants announced

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Australia Post has today announced the 79 community organisations which will each receive a grant of up to \$10,000 through the 2020 Australia Post Community Grants Program.

This year's program aligns with Australia Post's commitment to supporting mental health, funding projects that help improve connection and mental wellbeing in communities.

More than \$500,000 in total will be awarded to not-for-profit community organisations across Australia, with the majority of recipients in rural and regional areas.

Australia Post Executive General Manager Community & Consumer, Nicole Sheffield said she was proud to be awarding these funds during what has been an incredibly challenging year for communities across Australia.

"We know that when we connect, we feel better which is why we're funding organisations that aim to help improve the mental health and wellbeing of Australians by helping individuals and communities be more connected.

"The projects will help to increase community awareness and understanding of mental health and how to stay mentally well, and strengthen connections to mental health support services," Ms Sheffield continued.

The Community Grants announcement is part of Australia Post's Mental Health Month activity, which also includes the formalisation of the organisation's partnership with Beyond Blue, which seeks to make mental health and wellbeing part of everyday conversations and build more connected communities.

To further support discussions about mental health and make it easier for Australians to connect with each other in a meaningful way, Australia Post has created a stamp release titled, *'When we connect, we feel better'*. The specially marked stamps are available in store at participating Post Offices and online.

The full list of Australia Post's 2020 Community Grants recipients and more information about the grants program is available at: auspost.com.au/grants.

(Australia Post)