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Australia Post community grants to support mental health

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Mental health is set to be the focus of Australia Post's 2021 Community Grants program, recognising the important role local initiatives can play in connecting communities and improving mental health and wellbeing.

From today, not-for-profit organisations can apply for up to \$10,000 for projects that have a primary purpose of improving mental health and wellbeing, will help people meaningfully connect, and are locally led and delivered.

Australia Post Chief Marketing Officer Amber Collins said the events of the past 18 months have highlighted just how important community connection is to our mental health.

"Through a global pandemic, fires and floods we've seen how important it is to find ways to help improve and maintain our mental wellbeing," she said.

"Our Grants program will fund projects that help build connection between individuals and their community and that encourage open and positive conversations around mental health."

Australia Post will look to support projects in all states and territories, and across urban and rural areas. In 2020 more than half of the grants were made to organisations in regional and remote locations.

Ms Collins is delighted to see some of the recipient projects from the 2020 program come to life, showing the impact this program can have in local communities.

“We want to support organisations that are helping build community connection through projects with a clear focus on mental health. We know that when people in communities connect, they feel better.”

Australia Post’s commitment to mental health and wellbeing also includes a partnership with *Beyond Blue*, which seeks to make mental health and wellbeing part of everyday conversations and connect people to the support and information they provide.

Eligible community organisations can apply for an Australia Post Community Grant at auspost.com.au/grants.

Applications close 11.59pm on 4 July and all applicants will be notified of the outcome in September 2021.

(Australia Post)