



Mental Health Month is coordinated each year by the
Mental Health Community Coalition ACT
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Mental Health Month celebrates the valuable contributions of the community through Awards

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The ACT Mental Health Month Awards recognise the achievements of individuals, groups, organisations, businesses and initiatives in the area of Mental Health in the ACT.

Mental Health Month occurs each October in the ACT and is coordinated by Mental Health Community Coalition of the ACT (MHCC ACT). The Awards are a sector-wide initiative coordinated by MHCC ACT and implemented by the ACT Mental Health Month Advisory Committee.

MHCC ACT Executive Officer, Simon Viereck, says “There are so many exceptional people and initiatives working to promote and improve understanding, awareness, service provision, and the general mental health and wellbeing of the Canberra community. This is a nice opportunity to shine a spotlight on a few of those each year”

This year the Mental Health Month Awards have eight award categories and three scholarships to celebrate and support the achievements of Canberrans in the mental health sector. The awards cover achievements in research, innovation, lived experience, community and care. The scholarships provide funds to support those with lived experience to further their education, or to support organisations in providing mental health training.

See the Mental Health Month Award titles below:

1. Mentally Healthy Community
2. Enhancing the lives of individuals, families and carers
3. Innovative person-centred valued supports
4. Research Evaluation
5. Consumer Award
6. Carer Award
7. Lived Experience Ally Recognition Award (LEARA) (ACTMHCN)
8. David Perrin Award (ACTMHCN)
9. Michael Firestone Memorial Scholarship (ACTMHCN)
10. Rufus Scholarship (ACTMHCN)
11. MHCC ACT Training

“If you know an individual, group, organisation, business or initiative that is doing excellent work in the area of mental health we encourage you to nominate them, so they get the chance to receive some well-deserved recognition” says Mr Viereck.

Nominations are now open for 2020 at www.mentalhealthmonthact.org/awards

For full details about Mental Health Month in the ACT visit www.mentalhealthmonthact.org

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Images: Official logos, photos and other resources are available at www.mentalhealthmonthact.org/resources

Mental Health Month ACT is coordinated by the Mental Health Community Coalition of the ACT in partnership with ACT Health and Mental Health Month advisory committee.