



World Maternal Mental Health Day small grants program 2024

To help promote World Maternal Mental Health Day on 1 May 2024, the Statewide Perinatal and Infant Mental Health Program (SPIMHP) is offering grants up to \$1,000* to government, non-government and not-for-profit agencies across WA to host local events or activities.

Grant applicants need to use the funds to run an event or activity that primarily targets women, men, parents or families who are planning to have a baby, expecting a baby or have a baby.

The event or activity must be held on or around World Maternal Mental Health Day and aim to do one or more of the following:

- Raise awareness of perinatal mental health by increasing knowledge of:
 - » Signs/symptoms of perinatal mental health conditions such as depression, anxiety, psychosis and bipolar disorders, etc
 - » Self-care strategies for the prevention of mental health conditions and maintenance of wellbeing/recovery
 - » Where to access support, eg: health/social services organisations and their staff and websites/apps/phone support lines.
- Provide opportunities for mothers, fathers, parents and families to connect with:
 - » Other mothers, fathers, parents and families
 - » Local health/social services and their staff who support families during the perinatal period.
- Event is free for participants. Partnerships with other agencies are strongly encouraged.

*Excluding GST

Visit the [SPIMHP webpage](#) for more information
and to download an [application form](#)



Applications close Friday, 1 March 2024.
Recipients will be announced late March 2024.