



Small grants program

Perinatal Mental Health Week 2026

To help promote Perinatal Mental Health Week in November, 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 in 2026.

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 in or around Perinatal Mental Health Week 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
- 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.

» Where to access support, eg: health/social services organisations and their staff and websites/apps/phone support lines.

*Excluding GST

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



**Applications open 1 August and close 31 August 2026.
Recipients will be announced in September 2026.**