

Mental Health Promotion

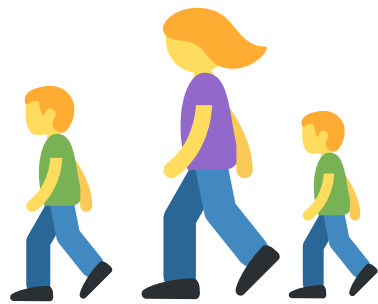
Grants 2019

Barwon Health congratulates the five successful applicants for mental health promotion grants in our community.

The Healthy Communities Unit at Barwon Health understands the importance of mental health promotion in supporting the health of our community.

The team are working to:

- Increase **awareness of the importance of mental health and wellbeing**
- Increase **social connectedness** and reduce loneliness
- Reduce mental health risk and **enhance resilience**



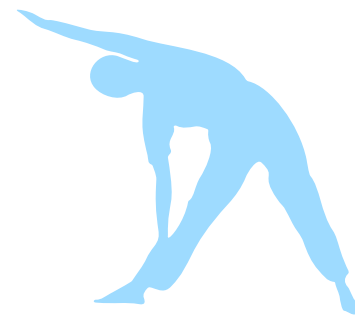
All Abilities Walking Group

Norlane Community Kitchen are supporting people with mobility barriers to walk the 3214 walks in Norlane, with a walking bus, and an opportunity to connect over coffee afterwards.



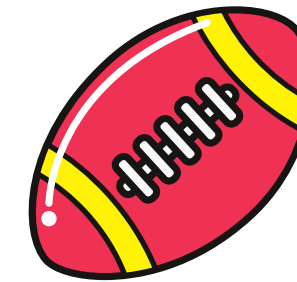
Drysdale Primary School Kids Matter

Drysdale Primary School are scaling up the Kids Matter initiative by adding more friendship stations, training more Kids Matter kids, supporting staff with a Staff Matters program and developing a transition program for kids moving to secondary school.



Mind Your Mental Health Lorne

Great Ocean Road Health are offering men's yoga, low cost mindfulness classes and tips on managing stress and anxiety over Mental Health Month in October.



Mental Health First Aid with football coaches

Colac Area Health and AFL Barwon are working with football clubs in Colac Otway to increase knowledge and confidence of coaches and leaders to maintain mentally healthy environments and support young people with mental health concerns.



The Self Care Project

Headspace and Diversitat are working with culturally diverse young people to support them to enhance resilience, increase connections with others and learn how to get help when needed.