

## Australia Post Delivers Community Grants for Local Projects Supporting Mental Health

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Australia Post's 2023 Community Grants program will provide funding to 72 not-for-profit community groups across the country whose projects support mental health and greater connection in their communities.

Grants of up to \$10,000 each have been awarded to support a range of groups, including Aboriginal and Torres Strait Islander communities, LGBTIQ+, the Culturally and Linguistically Diverse (CALD), people with a disability or care commitments, and older Australians (65+).

The 2023 grants will fund initiatives across every state and territory, ranging from surf therapy, mental health first aid training, peer support groups and cultural connection programs. Half the successful applicants are in rural and remote locations. Australia Post Executive General Manager, Community, Sustainability and Stakeholder Engagement, Tanny Mangos, said it was pleasing to see such a wide range of categories represented in this year's grant recipients, demonstrating the need for community support across a range of groups and regions.

"Australia Post's Community Grants program has been put in place to empower organisations to continue their impactful work and make a positive difference in the

lives of countless Australians. This year, we are supporting community groups fostering stronger mental health and well-being within their local communities.

"Mental health support groups and programs have been identified as an area that requires ongoing support and commitment, from groups that keep elderly Australians connected, to supporting workers with mental health first aid training and even surf therapy, this year we are delighted to be able to support such a diverse group of organisations.

"Our Post Offices are at the heart of Australian communities and understand the important impact that locally led initiatives have on the community. We're incredibly proud of our Community Grants Program and its role in supporting these groups as they work to deliver positive outcomes across Australia," Ms Mangos concluded.

Minister for Communications, the Hon Michelle Rowland MP, congratulated the

recipients and thanked them for their important work in the community.

“It’s fantastic to see so many incredibly deserving community organisations – particularly in rural and regional areas – receive support through Australia Post’s Community Grants program.

“These organisations play a critical role in connecting Australians within their local community, and I look forward to seeing how these partnerships with Australia Post

can support their important work”.

Since 2013, more than 800 projects have been awarded a Community Grant from Australia Post. The full list of Australia Post’s 2023 Community Grants program recipients, listed by state/territory and location, and more information about the program, is available at [auspost.com.au/grants](https://auspost.com.au/grants).

Source: [Australia Post](https://auspost.com.au/grants)