



# Perinatal Mental Health Promotion Grants 2023

As part of World Maternal Mental Health Day (3 May 2023), 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/activities.

Grant recipients need to run an event or activity which:

1. primarily targets women, men, parents or families who are planning, expecting a baby or have a baby;
2. takes place around World Maternal Mental Health Day; and
3. aims to do one or more of the following:
  - Raise awareness of perinatal mental health by increasing knowledge of:
    - signs/symptoms of perinatal mental conditions such as depression, anxiety, psychotic and bipolar disorders etc; and/or
    - self-care strategies for the prevention of mental health conditions and maintenance of wellbeing/recovery; and/or
    - where to access support eg. health/social services organisations and their staff and websites/apps/telephone support lines.
  - Provide opportunities for mothers, fathers, parents and families to connect with:
    - other mothers, fathers, parents and families; and/or
    - local health/social services and their staff who support families during the perinatal period.

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

**Applications Close 13 February 2023**



**One team, many dreams.**

Care / Respect / Innovation / Teamwork / Integrity

