

Australia Post invests in mental health with community grants of up to \$10,000 each

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Australia Post today announced the recipients of its 2021 Community Grants, with 76 organisations awarded a total of more than \$500,000 in funding in support of mental health projects.

Local initiatives were awarded up to \$10,000 each to help fund programs that improve connection and mental wellbeing in communities, with successful applicants including community groups from every state and territory, and half located in regional and remote locations.

It is the second year the grants have had an emphasis on supporting mental health, and works alongside the partnership Australia Post has with Beyond Blue to support the mental wellbeing of Australians.

Australia Post Head of Community Nicky Tracey said she was delighted to support projects making a real difference to mental health, with recipients catering to a range of groups including Aboriginal and Torres Strait Islander Australians, people with a disability or care commitments, LGBTI+ communities, Culturally and Linguistically Diverse (CALD) communities and seniors.

“This has been another challenging year for many Australians and it’s important that there is support for those who need it,” Ms Tracey said.

“The Community Grants program aims to enhance connections and support mental wellbeing in communities all around the country, because we know that when we connect with others, we feel better.”

The announcement of grants recipients continues a focus on mental health during September, with Australia Post also encouraging people to connect using free pre-paid postcards as part of a collaboration with Beyond Blue.

The full list of Australia Post’s 2021 Community Grants recipients and more information about the program is available at: auspost.com.au/grants

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