

Community Action Grant



GUIDELINES

1. Funding is available for community-based Mental Health Promotion & Addictions Prevention projects. Preference will be given to activities that clearly target one or more of the priority areas:
 - Suicide Prevention & Life Promotion
 - Alcohol Use (Prevention, Awareness & Harm Reduction)
2. Community Partners, Schools, and Western Health staff are eligible to apply. Partnerships are encouraged. Let's work together to take action in our communities.
3. Support and resources are available for your project. Connect with us to discuss your project ideas, grant application, and access resources (see page 3).
4. [Applications](#) must be received no later than **4:30 PM on December 16th, 2022**. [APPLY TODAY!](#)
5. Grants range up to a maximum of \$250 and are subject to available funds.
6. Successful applicants will receive a cheque for the awarded amount.
7. An online [Evaluation/Tracking form](#) must be completed within 1 month of the project finish date.
8. Receipts for purchased items must be mailed or emailed within 1 month of the project finish date.
9. Return any remaining funds to the address below with the Cheque payable to the Cashier's Office, Western Memorial Regional Hospital.

Prevention & Promotion Services
Western Health
133 Riverside Drive, Noton Building
Corner Brook, NL A2H 6J7
mhp@westernhealth.nl.ca

TAKE ACTION

Be creative! Use these examples of activities that target the priority areas to inspire your own ideas:

- Create a positive messaging campaign to reduce stigma or promote the priority areas (e.g., safer alcohol use, how to support a friend, community services/resources).
- Create a social media challenge promoting healthy habits & choices. Invite people to join the challenge and share with others.
- Host an event to promote Mental Health & Substance Use Screening Tools at [CheckItOutNL.ca](https://www.checkitoutnl.ca) (resources available).
- Host a wellness/education event focusing on developing skills in stress management, relaxation or offer programming that teaches coping strategies, positive decision making, and self-care.
- Host an awareness/education event that aims to reduce stigma and risks of harms associated with alcohol or drug use (e.g. [Under the Influence Toolkit](#), [Substance Use Prevention Activity Guide](#), [Low-Risk Drinking Guidelines](#), [Lower-risk Cannabis Use Guidelines](#), [Andy Irons: Kissed By God](#) Film Screening Event and dialogue, Take-home Naloxone kit distribution).
- Deliver evidence-based prevention and promotion [programs](#) (e.g., The Decider, Girls Circle, Boys Council, Get Ready, CBC, or What's With Weed).
- Host a life promotion activity to learn a new skill and help build a sense of hope, purpose, meaning and belonging among individuals, families and/or communities.
- Host a [No Stress Fest](#) or [No Stress Fest Home Event](#) in your community.
- Host Suicide Awareness Events to promote the warning signs of suicide, how to provide support, and where to get help (e.g., [Survivor Challenge](#), [Girls Night Out](#) – toolkits available).
- Host activities to support individuals experiencing suicide risk, or survivors of suicide loss.
- Host activities to support individuals with Alcohol Use Disorder, those in Recovery, and their families.

APPLY NOW!

REACH OUT. WE'RE HERE TO HELP.

Find information and resources, consult about project ideas, and get help with your activity.

Visit WesternHealth.NL.ca/MHA for best practice information, interactive resources, programs, print materials, prizes, & more! Wellness Facilitators, Youth Outreach Workers, MHA Coordinators, & Counsellors are also available to help support activities in your community.

Regional Consultants

Tara Welsh, Regional Mental Health Promotion Consultant
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Susan Madore, Regional Addictions Prevention Consultant
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Wellness Facilitators

Cara Welsh (Bonne Bay & Area/Port Saunders & Area)
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Amanda Earle (Bay of Islands & Area, Deer Lake, White Bay & Area)
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Youth Outreach Workers

David Jones (Corner Brook & Area)
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Adrienne Benoit (Stephenville & Area)
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Niki Foley (Boone Bay & Area)
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Mental Health & Addictions Coordinators

Charlene Payne (Corner Brook & North)
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Sean Hillier (Stephenville & South)
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