



---

## **BUILDING BETTER MENTAL HEALTH**

### **Apex Foundation Grant**

#### **The Building Better Mental Health Project**

The current National Project for the Apex Association is to “implement a National Service Project to support the mental health and wellbeing of fellow Australians” as proposed by the Bairnsdale Apex Club. Due to Covid-19 however, clubs have struggled to implement the National Project, so the Apex Foundation has stepped in to support this very worthwhile project.

#### **Why support Mental Health?**

A recent study showed that 45% of Australians experience a mental illness in their lifetime, with 20% of people experiencing a mental disorder in the past year, with illnesses such as depression, anxiety and substance use disorders being particularly common. It is estimated that mental illness costs the Australian economy \$220 billion per year.

The statistics for men specifically are particularly concerning. Australian males between 15 and 45 years of age are one of the highest risk categories for suicide. Men are 3 to 4 times more likely to take their own life than women, and the more you move into rural, regional and remote Australia the more that figure increases. Yet in country areas, services are scarce, help seeking is minimal and distance and isolation become significant factors. Communities around Australia need support to destigmatise mental health issues and normalise help seeking for mental health issues.

#### **How is the Apex Foundation supporting this cause?**

The Apex Foundation is making grants available to Australian Apex Clubs needing funding to participate in this National Project. Any worthwhile application will be considered, and Clubs are encouraged to apply. Some worthwhile projects might aim to:

- Increase knowledge of strategies for staying mentally healthy
- Shape environments conducive to good mental health
- Create opportunities for social inclusion and connectedness
- Improve public understanding of the catalysts of good mental health
- Reduce social harms (bullying, discrimination)
- Improve knowledge of how to seek help when needed.

In particular, we encourage clubs to engage the services of mental health educators such as 'Are you Boggled Mate?' and 'The Naked Farmer', raise community awareness through a 'Blue Tree Project' or promote the availability of help line services such as Lifeline.

Clubs are encouraged to consider projects which directly deliver benefits to their community, rather than making a donation to a mental health charity.

### **How you can get Involved:**

If you are not part of a club which wants to run a project but would still like to help this worthy cause, you or your club could consider making a donation to the Building Better Mental Health Fund. Electronic Funds Transfers can be sent to the following account:

Account Name: Apex Foundation PBI  
BSB: 032 701  
Account Number: 267 054

**Please use your name/club name and 'Mental Health' as the reference.**

In addition, this year's Apex Foundation membership fees and donations will be used to support awareness and promotion of mental health.

### **How will the successful applicants be selected?**

A panel comprised of Apex Foundation Board members and Apex Australia National Board members will carry out the selection process. The panel may approve or reject applications, in full or in part, at their discretion.

### **Grant guidelines:**

- The applicant club must be a current financial club of the Association of Apex Clubs of Australia.
- Clubs must explain how their project will benefit the community and its mental health.
- Community-based projects that are considered to have a significant impact on education, awareness, changing attitudes and behavioural change will be given priority. Projects that represent good value for money will also be viewed favourably.
- Applications may be considered ineligible if the primary objectives are to fundraise, purchase prizes, purchase equipment, travel or provide direct one-to-one services.
- The grant is a one-off and therefore cannot support ongoing projects.
- Clubs must provide a report, an acquittal and an article with photos (if possible) for publication on social media, in the Apexian and the Foundation e-Newsletter.
- Successful applicants will be advised by the Apex Foundation as soon as practical following the grant end date.

Apex Clubs can email the completed application form below to [eo@apexfoundation.org.au](mailto:eo@apexfoundation.org.au) and [secretary@apex.org.au](mailto:secretary@apex.org.au) by no later than the C.O.B. on 31<sup>st</sup> August, 2021

### **Required Supporting Documentation:**

Quotes and/or estimates of costs involved must be provided.

# BUILDING BETTER MENTAL HEALTH

## APPLICATION FORM

---

### 1. Applicant details:

Apex Club:

Contact person:

Position:

Postal Address:

Contact phone number:

Email address:

---

### 2. Project name:

---

**3.0 Description of the Project:** Give a clear and concise description of the proposed project

---

**4.0 Target issue and target group:** define and explain the relative importance of the issue to be addressed, justify with supporting data where possible, define your target group and how many people you anticipate will be involved.

---

**5.0 Objectives and strategies:** objectives should be specific and measurable. List the strategies and activities that will be used to achieve your objectives.

---

**6.0 Project Timeframe:** estimated commencement and completion dates

---

**7.0 Budget:** provide a total cost of the project, quotes/estimates, Club's co-contribution, grant amount requested. Give a specific breakdown of how the money will be spent.

---

**8.0 Bank account details:** this allows funds to be transferred directly to your Club's account

**Account Name:**

**Bank/Institution:**

**BSB:**

**Account Number:**

---

**9.0 Declaration:**

On the behalf of the Apex Club of \_\_\_\_\_ :

- I declare that the information supplied on this form is true and correct to the best of my knowledge.
- I understand that if my club is awarded the grant and members of the selection panel at any time thereafter forms the reasonable view that the application included false or misleading information or documentation, the grant may be cancelled and any funds must be refunded.
- I understand that, should my club be awarded the grant, on request I will provide invoices/proof that the grant funding has been spent on appropriate expenses.
- I authorise Apex Australia and the Apex Foundation to obtain additional information deemed necessary to assess the application for this grant.
- I agree to provide a report, an acquittal, an article and photos for promotional purposes after the completion of the project.
- I declare that I will notify Apex Australia and/or the Apex Foundation immediately in writing of any changes of circumstance affecting the purpose and conditions of the grant.
- I understand that my club may be required to repay the grant if the project is not delivered as stated in the application.

**Club representative**

**signature:** \_\_\_\_\_ **date:** \_\_\_\_\_

**name:** \_\_\_\_\_

**position:** \_\_\_\_\_

---

If you have any questions about your application please contact Bethany Paterson on 0428 399 169. Please return the completed application form, with required supporting documents to:

[eo@apexfoundation.org.au](mailto:eo@apexfoundation.org.au) and [secretary@apex.org.au](mailto:secretary@apex.org.au) by no later than the C.O.B. on 31<sup>st</sup> August, 2021.