

Pūtea Pāpāho

Mental Health Media Grants 2020

Auaha | Creative Themes

In 2020, two Mental Health Media Grants/Pūtea Pāpāho for creative projects will be available for up to \$10,000 each.

Both grants are sponsored by the [Like Minds, Like Mine](#) national programme and supported by the [Mental Health Foundation](#) and [Te Hiringa Hauora](#)/the Health Promotion Agency.

Choose from the following themes:

Mental distress and COVID-19

A creative project questioning whether COVID-19 has changed the way we see people with mental distress. Have our collective hard times helped New Zealanders to understand more about what living with mental health challenges could be like? Has spending more time online and in physical isolation made people more accepting of mental distress experiences? Your project could question whether mental distress discrimination has heightened or decreased during COVID-19, and what we could change to make Aotearoa a more understanding place for the one in five of us living with distress this year.

Mad pride

A creative project showcasing the benefits and strengths that living with mental distress can bring. How does experiencing mental distress make us stronger? What unique perspectives can it give us? Your project should hero the voices of people who have experienced mental health challenges, celebrating the diversity and talents they contribute to our communities.

Culturally speaking: Perceptions of mental distress from a te ao Māori worldview

A creative project exploring how the experience of mental distress is seen from a Māori worldview. What does stigma, discrimination and social exclusion look like through a Māori lens? How does connection to whānau, iwi, hapū and tikanga contribute to wellbeing, healing, recovery and social inclusion?

Busting the myths

A creative project which busts the myths about people who live with mental distress by challenging common stereotypes or untruths about them. What's it really like to live with mental health challenges? Why do some stereotypes around certain diagnoses persist, and how can we challenge them? Your project should aim to dispel these negative notions by showing the real experiences of New Zealanders who live with mental distress and how incorrect myths around their experiences can hurt and harm them.

The identities that make us: Intersectionality and mental distress

A creative project exploring how living with mental distress alongside other often-marginalised identities can intersect to create complex life experiences. What does living with mental distress look like if you also identify as rainbow, Pasifika or Māori, or have a background as a refugee? How do these identities combine to create a different perspective on mental distress discrimination, and what can we do to be more inclusive and learn more about these experiences?

All projects must address mental distress stigma, discrimination and social exclusion, specifically using the [Power of Contact](#). All projects must also be centred around people with lived experience, rather than their providers or whānau.

Applications for research projects, service delivery or study costs **will not** be accepted.

Projects about suicide, autism, dementia or neurological disorders **are not covered** by these grants.