



## RISE GRANTS INFO SHEET

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**RISE** is an exciting new project for young people 20 years & under to apply for a grant to carry out their own project promoting wellbeing & mental health awareness to other young people.

Come up with a creative project and tell us how it's related to youth mental health and wellbeing. Also don't forget to tell us about how it will be teaching other young people about youth mental health.

We'll fund you to do it 'cos we want to support you to **RISE UP!**

If you're 20 years of age or under, you can get up to \$1000 (for individuals),

or up to \$5000 (for groups) for your project.

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Read More 

## WHAT IS MENTAL HEALTH?

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Basically think about physical health - which is about keeping yourself physically healthy, eating well, exercising, getting enough sleep. Mental health is really similar - keeping yourself healthy in terms of how you feel and how you live in the world. All those things that are important for physical health are important for mental health as well. Sometimes the word 'wellbeing' is used which includes physical health, mental health and the things in your life that impact on you. Think about the things that make you feel good or happy - they keep you mentally healthy.

## WHAT IS MENTAL HEALTH PROMOTION?

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Mental health promotion is about teaching people about mental health. It can take many forms including challenging the myths that surround mental illness (e.g. all people with mental illnesses are dangerous), or increasing people's knowledge about mental health. It's about increasing the information that young people have about how to have good mental health and wellbeing and how to improve it when things aren't as good. It's also about reducing the discrimination and stigma about mental health and illness.

## CRITERIA

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- ⇒ Young people must be 20 years of age or under at the date of the application deadline must live in New Zealand.
- ⇒ Projects must be led and run by young people. Young people need to have come up with the idea for the project, complete the application form and carry out the project. An adult mentor/whakaruruhau will support the young people throughout the process of applying and carrying out their project.
- ⇒ Projects must be relevant to young people in New Zealand.
- ⇒ Projects must relate to promoting or increasing the awareness of youth mental health or reducing the stigma and discrimination many young people experience.

## WHAT THINGS DOES THIS GRANT FUND?

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It could include (but not limited to):

- ⇒ things you need to bring your project to life (i.e. production costs, art supplies, food at events, prizes, equipment rentals, printing costs for promotional materials etc.)
- ⇒ koha (gift) for guest speakers at events
- ⇒ the cost of training that is related to the project

## WHAT THINGS DOES THIS GRANT NOT FUND?

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- ⇒ Capital expenses (e.g. rent, electricity, phones, etc)
- ⇒ Projects that have already occurred
- ⇒ Overseas travel
- ⇒ Anything that looks inflated (too expensive) in the budget

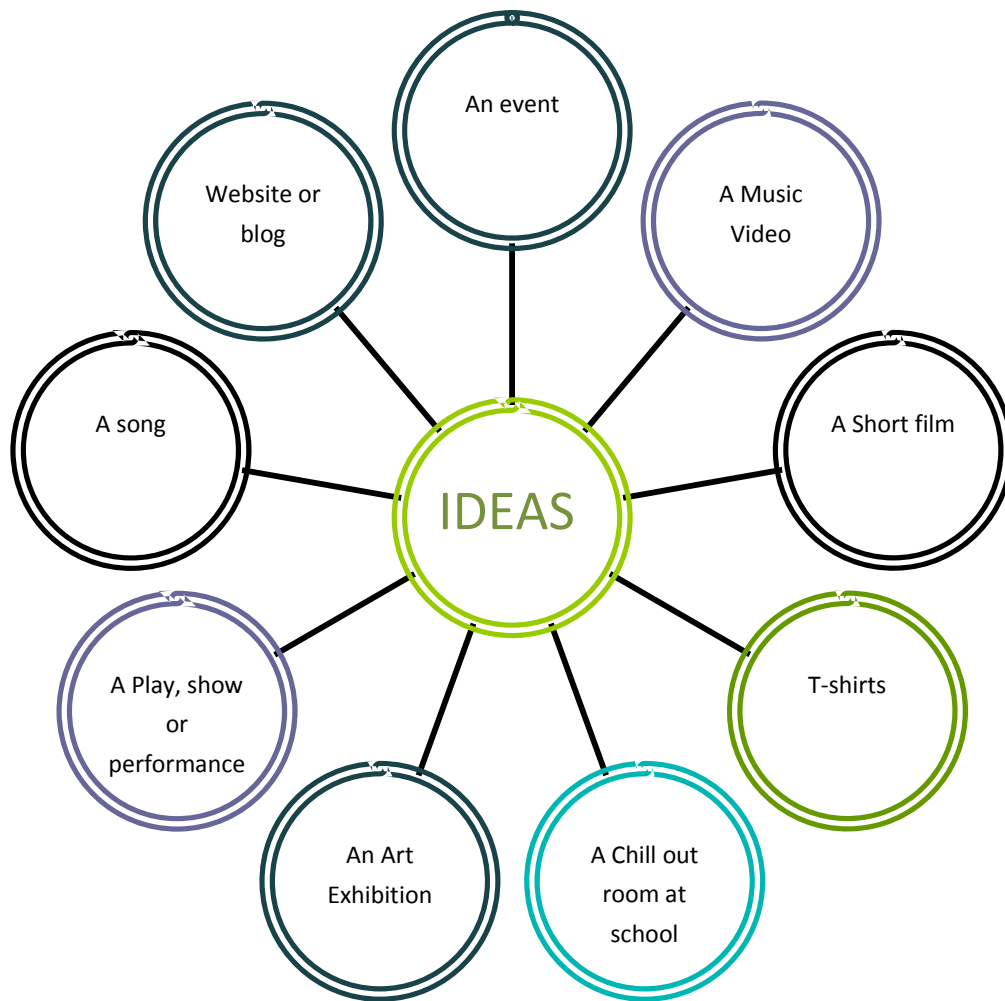
## WANT TO GET INVOLVED BUT JUST NOT THE RIGHT AGE?

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How about becoming a mentor? A mentor is needed for each project to help support and encourage each young person to RISE UP and you could be just the one we are looking for. It's important that a young person comes up with the project, fills out the application form, leads and carries out the project. However, a requirement to receive a grant is to have a mentor/whakaruruhau to support you in writing your application and doing your project as well as be responsible for the money.

## IDEAS

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## HOW TO APPLY

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- ⇒ Go to [www.rise.org.nz](http://www.rise.org.nz) and follow the circles at the top of the page (steps 1-6) to cover all the things you need to know and do.
- ⇒ Come up with a creative or innovative project idea.
- ⇒ Read the [Criteria and Conditions](#) to make sure you and your project are eligible for a grant. Find an adult mentor/whakaruruhau who will support you or your group through your project or [contact us](#) before you complete your application and we'll help you find a mentor/whakaruruhau.
- ⇒ Complete the application form and work out your project budget with your mentor/whakaruruhau. Consider project evaluation - how will you know your project has been successful? E.g. survey, feedback form, interview people.
- ⇒ Send us your application form.

Once we've received a hardcopy of your application form, we'll send you an email letting you know we've received your application. You can expect to hear back from us within 2 weeks from the closing date.

- ⇒ After you have finished your project, you will need to complete a final report (we'll send you the info you need to complete this). Also, for promotional purposes and to showcase your project on our website, TAKE HEAPS OF PHOTOS, video clips and different visuals, so you can send them in to us with your Final Report and Budget Summary.

## CONTACTS

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### RISE

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You can also find us on Facebook and Bebo, just search "RISE NZ".