



Rise

Grants for youth projects
that promote youth
mental health and
wellbeing



RISE Team

Adolescent Day 2009, Rotorua



Rise is for young New Zealanders (20 years and under) to carry out their own youth mental health awareness project and help reduce stigma.





- Young people talk to and are more influenced by what their peers think, do and say.
- More likely to relate to the messages their peers are communicating.



- All projects need to be thought up by young people and carried out by young people.
- Each project will be supported by a mentor.





- Up to \$1000 (if you're an individual) or
- Up to \$5000 (for groups) for your project.



- Partnership and collaboration with adults is deemed an essential aspect.
- Positive relationships between young people and adults can be facilitated.





Project Ideas:

- A mural
- A book/booklet
- An event
- A discussion group
- A music video
- A themed art exhibition
- Guest speakers
- A website



Straight Proof!





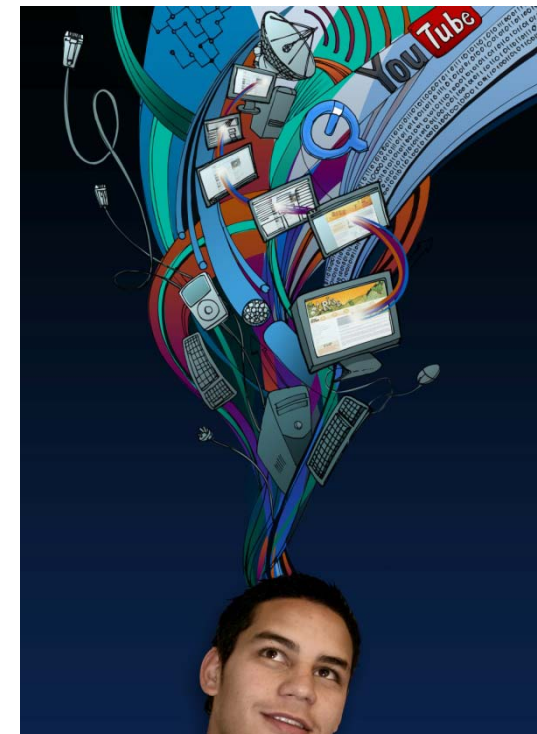
Current grants:

- A 'love your body' carnival
- A diversity workshop
- A concert
- Discussion workshops
- A set of murals
- A radio advertising campaign
- A series of activities promoting mental health/wellbeing



Website includes:

- All the info you need to apply for a grant
- Project ideas
- E-cards
- Info for mentors
- Video page





Mentors Needed across NZ!

- Mentors will provide support throughout the project and their organisation will hold the money.
- Someone who is experienced, directly or indirectly, in child and adolescent mental health.

www.RISE.org.nz



Watch the website for application opening and closing dates.

Search RISE NZ to find us on Bebo and Facebook.





The Werry Centre

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Workforce Development

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