



# Small grants program

## Perinatal Mental Health Week 2025

To help promote Perinatal Mental Health Week in November, the Statewide Perinatal and Infant Mental Health Program (SPIMHP) is offering grants up to \$1,000\* to government, non-government and not-for-profit agencies across WA to host local events or activities.

Grant applicants need to use the funds to run an event or activity that primarily targets women, men, parents or families who are planning to have a baby, expecting a baby or have a baby.

The event or activity must be held in or around Perinatal Mental Health Week and aim to do one or more of the following:

- Raise awareness of perinatal mental health by increasing knowledge of:
  - » Signs/symptoms of perinatal mental health conditions such as depression, anxiety, psychosis and bipolar disorders, etc
  - » Self-care strategies for the prevention of mental health conditions and maintenance of wellbeing/recovery
- Provide opportunities for mothers, fathers, parents and families to connect with:
  - » Where to access support, eg: health/social services organisations and their staff and websites/apps/phone support lines.
  - » Other mothers, fathers, parents and families
  - » Local health/social services and their staff who support families during the perinatal period.
- Event is free for participants. Partnerships with other agencies are strongly encouraged.

\*Excluding GST

**Visit the [SPIMHP webpage](#) for more information and to download an [application form](#)**



**Applications close 31 July 2025.  
Recipients will be announced by the end of August 2025.**