Youth-Led Mental Health and Wellness Mini-Grant RFP

Proposals Due	**Oct. 7, 2016**
Project Period Begins	**Oct. 21, 2016**
Project Period Ends	**Dec. 9, 2016**

One in five people in the U.S. experiences a mental health disorder in their lifetime. It could be serious depression, anxiety, psychosis, an eating disorder, or any of a number of common conditions, all of which are treatable. Yet, because of the stigma associated with mental illness, people are often reluctant to admit that they, or someone they care about, has a mental health problem.

Sadly, this stigma keeps people from seeking help.

Eliminating stigma requires a change in the way we talk and think about mental illness in our culture. Young people can be a very powerful, driving force behind this kind of positive culture change. This mini-grant program will fund youth-planned, youth-led projects to reduce stigma among their peers. The program's goals are to:

1. **Empower youth to reduce the stigma of mental illness in their communities and focus on suicide prevention;**
2. **Educate youth on facts regarding mental illness, including how to recognize it and seek help for oneself or others; and**
3. **Educate youth on ways they can promote their own and others' mental health.**

This mini-grant program is funded by a regional suicide prevention grant from the Virginia Department of Behavioral Health and Developmental Services and administered by the Alexandria Department of Community and Human Services.

Applicants must:

- Serve youth from the City of Alexandria

Visit www.alexandriava.gov/DCHS for eligibility, requirements and to apply. For information not included on the webpage, email Noraine Buttar at noraine.buttar@alexandriava.gov.

Department of Community and Human Services