



## Checklist for applicants

Your application must include the following:

1. A completed application form.
2. An up to 900-word project proposal. It should:
  - a. Explain your interest in mental health issues and your reasons for applying.
  - b. Describe your project. What is your idea and how will it increase social inclusion and reduce stigma and discrimination for young people with experience of mental distress?
  - c. What do you think is innovative or creative about your project?
  - d. Tell us what you are hoping to get out of this experience and what inspires you about it?
  - e. What particular skills/experience do you have that will help make this project a success? (If relevant, also list the skills/experience of your other team members.)
  - f. Discuss any potential obstacles that may be encountered and how you will address these.
  - g. Identify your planned audience (who your project will reach) and explain how the project will be promoted to that audience and the potential impact it will have.
  - h. Explain how you will ensure your project is accessible (large font, wheelchair access, sign language, etc)
  - i. Explain how you intend to measure the success of your project.
3. Indicate how much you think the project will cost and how you intend funding it.
4. Up to three recent examples of your previous creative and/or social media work.
5. One letter from a referee who is familiar with your creative skills and experience and can comment on your abilities and potential. They could include a current or recent employer, a teacher or a lecturer. They must be aware of the project and be supportive of your application.

We recommend you visit [www.pod.org.nz](http://www.pod.org.nz) and [www.likeminds.org.nz](http://www.likeminds.org.nz) for more information on social inclusion and the issues and challenges around reducing stigma and discrimination associated with mental distress.

**If you have any questions or would like additional information, email [pod@mentalhealth.org.nz](mailto:pod@mentalhealth.org.nz) or phone 09 623 4810.**