



point of difference

pod@mentalhealth.org.nz | www.pod.org.nz

Checklist for applicants

Your application must include the following:

1. A completed application form.
2. Two to three examples of your work – eg, links to videos, social media pages or posts, blogs, essays, artwork, etc.
3. 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 and 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 or phone 09 623 4810.