ChangeX and Paramount renew World Mental Health Day Community Fund for 2025

Tuesday 14 October, 2025

ChangeX, the community engagement platform, and Paramount have launched the second annual World Mental Health Day Community Fund to support grassroots projects that promote mental health and well-being.

Building on the success of last year's inaugural fund, which supported almost 100 local projects across 10 countries and impacted approximately 20,000 people, the 2025 fund will support communities in Argentina, Australia, Canada, Chile, Germany, Mexico, the Netherlands, Singapore, South Africa and the UK to start impactful projects.

This initiative is part of Paramount's ongoing commitment to support mental health and well-being around the world.

Niamh McKenna, co-founder and head of impact, ChangeX, said: "At ChangeX, our mission is to empower local communities with the resources they need to create positive change. Partnering with Paramount for a second year will help communities in 10 countries replicate innovative proven mental-health focused ideas and strengthen well-being in their neighbourhoods."

Supported by last year's fund, non-profit organisation Afrikindness hosted a mental health workshop in Leeds. "The project has had a significant impact on our community by fostering open dialogue about mental health, especially within African and ethnic minority groups. The workshop highlighted the importance of culturally tailored education and created a safe space for sharing stories and practical solutions."

Applicants can apply for funding to bring proven mental health ideas to life in their community. Funding is first-come, first-served for qualifying applicants, with options including popular 2024 ideas and new additions for 2025.

Ideas on offer include:

- Sidewalk Talk: Start a local chapter and listen on public sidewalks to boost mental health, inclusion, and compassion.
- Mindful Meals: Host a shared meal to spark deeper conversations and build stronger connections through mindfulness.
- Mental Health Community Connect: Gather your community to use digital tools that build skills and promote mental health support.
- Push for Global Mental Health: Ignite peer-based mental health care in skateparks.
- #NotAlone Open Mic: Organise an open mic night to remind people they're not alone in facing mental health challenges.

Communities can apply for funding through the ChangeX website. Find out more and apply: www.changex.org/gb/funds/paramount-uk.

About ChangeX

ChangeX is a community engagement platform designed to get funding and resources directly into the hands of ordinary people to lead impactful projects in their neighbourhoods. ChangeX was established in 2015. It works with social innovators to scale proven solutions to environmental, economic and social issues and partners with companies and foundations to support local communities with the necessary funding. Its funders include the LEGO Foundation, Microsoft and Paramount, among others. ChangeX is an international non-profit organisation, headquartered in Dublin, Ireland, with teams based across Europe, the Americas, Africa and Asia.

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