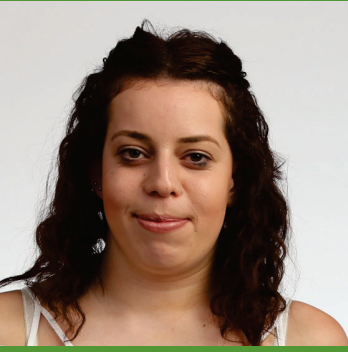




Give talent



Give time



Give treasure

One DOOR Mental Health



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27 Fennell Street
Parramatta NSW 2150

 facebook.com/onedoormh

 twitter.com/onedoormh

 instagram.com/onedoormh

One Door is so grateful for the skills and time given to help us in our mission to create a world in which people with mental illness are valued and treated as equals. One Door can give back to your organisation through our mental health workshops.

One Door has several peer educators that can deliver tailored training to your staff to better understand mental illness and how to respond in the workplace. Participants get the opportunity to ask people living well with mental illness questions about their experience and recovery journey, offering a unique insight.

Strategic Partnerships

Skilled Volunteering (Probono)

- ▶ Social and digital teams can support One Door Mental Health in running awareness raising campaigns. For teams and people who love strategy, this will fulfil your creative desires to **create bold and innovative social impact**.
- ▶ Event and fundraising teams can support One Door Mental Health in holding events that raise much needed funds for essential mental health services in NSW. This can range from morning teas to comedy gigs to rallying a team for the **Blackmores Sydney Running Festival**, which One Door is a gold charity partner.
- ▶ Photography and videography teams can support One Door Mental Health in creating content for our marketing efforts. Connect with people living with mental illness to **raise awareness, educate and change attitudes**.
- ▶ Grant/Tender writing teams can support One Door Mental Health in ensuring our funding success. One Door relies on securing tenders from various funding bodies to **deliver innovative mental health programs to the community**.
- ▶ Deliver group training and workshops to One Door Mental Health staff in key organisation areas such as Finance, HR, Communications and Marketing, Work Health Safety, Customer Services & Feedback, Business Development & Relationships and Leadership.

Time Commitments

- ▶ One Door Mental Health offers the opportunity for small groups of corporate volunteers to assist in lunch preparation at our centre-based services. After cooking a healthy and nourishing meal with members, volunteers get the chance to sit-down, grab a plate and learn about the experiences and recovery of those living with mental illness.
- ▶ One Door Mental Health also operates a telephone support and information service Monday – Friday. Corporate volunteers may choose to volunteer their time by assisting in answering incoming support calls. This involves simply providing a listening ear, giving clients the chance to share their stories, offering emotional support and/or sourcing further information and referrals.
- ▶ The Wellness Walk is One Door's annual Mental Health Month event. Now in its 7th year; the Wellness Walk over the iconic Sydney Harbour Bridge is an awareness raising exercise and fundraising event for essential mental health services across NSW. Corporate volunteers can assist One Door Mental Health with event day activities such as setup, course marshalling, water stations, first aid and giving out medals at the finish line.

Monetary Value

- ▶ One Door Mental Health could not run the expert programs and services that we do without generous financial support from **companies committed to bold social impact**.

One Door is continuing to do its best to support people through a time of unprecedented change and uncertainty in the mental health sector, by financially supporting One Door you are ensuring we can continue to be there for some of the most isolated and marginalised people in our community.

