



2021

OZHELP
Health & Wellbeing at Work

ANNUAL REPORT

OZHELP
Health & Wellbeing at Work

VISION

OzHelp's vision is to improve the mental health and wellbeing of people working in high-risk and hard to reach industries to prevent the risk of suicide.

ABOUT OZHELP

OzHelp is a leading provider of health and wellbeing programs for hard to reach workers in high risk industries.

OzHelp has been operating for over 20 years and is focused on reaching and supporting these priority groups. OzHelp's outreach approach takes support to workplaces and communities across Australia, with a specific focus on building and construction, transport and farming and agriculture industries.

OzHelp's evidence-informed health and wellbeing programs help individuals build awareness of risk and protective

factors for mental health and suicide, adopt self-management strategies and seek help if required; build the capacity of individuals to notice the signs of distress in others, offer support and connect them to help; and provides early intervention health screening and access to wellbeing support and counselling.

OzHelp's Clinical Advisory Committee advises the Board and Management Team on consumer centred service design and improvement, clinical quality, safety and risk. OzHelp is accredited under the Australian Government National Standards for Mental Health Services.

OzHelp would like to acknowledge the Traditional Owners of all Country throughout Australia. We recognise their continuing connection to land, water and culture and pay our respects to Elders, past and present, for they hold the memories, traditions, culture and hopes of Aboriginal and Torres Strait Islander peoples of Australia.

Cover image: Rawpro



OZHELP ANNUAL REPORT



CONTENTS

3	CEO'S MESSAGE	13	OZHELP'S MODEL
5	CHAIR'S MESSAGE	15	IMPACT + REACH
7	GOVERNANCE	17	CASE STUDY
	STRUCTURE + BOARD	19	CASE STUDIES CON'T
9	CLINICAL ADVISORY	21	FINANCIAL REPORT
	COMMITTEE REPORT	23	FUNDRAISING SPOTLIGHT
11	HARD TO REACH +	25	THANK YOU'S
	WORKING IN HIGH-RISK		
	INDUSTRIES		



Image: Rawpro

2021

CEO'S MESSAGE DARREN BLACK



Covid-19 continued to impact the way we live, work and socialise through 2020-21. The need for OzHelp's services has been significant, however Covid-19 restrictions and lockdowns have presented challenges in delivering programs to the hard to reach workforces we support, that are less likely to reach out and ask for help. Where safe and appropriate to do so we shifted service provision to the phone, screen-based and digital delivery.

This year OzHelp took support 'on the road' delivering a health and wellbeing program for owner drivers in the road transport industry, Health in Gear. The program delivered face-to-face Truckie Tune Ups to truck drivers in the ACT, New South Wales and Queensland, as well as ongoing support by telephone and online health and wellbeing resources. OzHelp plans to rollout Phase two of the Health in Gear program in 2021-22.

OzHelp also delivered wellbeing and suicide prevention support for people working in farming and agricultural industries in rural Queensland. CARE for Rural Australia 'gatekeeper' training workshops aimed to equip participants with knowledge about their mental health and wellbeing, and the skills and confidence to have conversations with others and assist them to further help if required.

Alongside this our wellbeing support workers and trained counsellors reached out to those at-risk, providing support and referring to additional supports.

In 2020-21 the Australian Government released the National Mental Health and Suicide Prevention Plan, responding to important inquiries and work including the Productivity Commission inquiry into Mental Health and the National Suicide Prevention Adviser's Final Advice. The Plan invests, builds on and expands a range of mental health and suicide prevention priorities, doing this in conjunction with states and territories through a new National Partnership Agreement.

It includes support for targeted suicide prevention approaches for populations and groups disproportionately impacted by suicide. OzHelp welcomes this commitment and priority. We know that hard to reach individuals working in high risk industries need tailored programs that understand their industry specific risks, incorporate their experience, and build trust and rapport to overcome stigma and barriers to accessing services.

I would like to thank our incredible staff, our Board, our Clinical Advisory Committee, supporters and employers across industries, and of course the Australian Government Department of Health and ACT Health for your continuing support. Thank you for your commitment and dedication to the work of OzHelp – it's been an amazing team effort and it certainly feels like we are all in this together.

It is through this work and your ongoing support that we can continue to contribute to the national suicide prevention priorities by supporting the health and wellbeing of people that are hard to reach working in high risk industries, and ultimately prevent suicide.

Darren Black
Chief Executive Officer



CHAIR'S MESSAGE PETER HOWMAN



This year OzHelp has continued and expanded its targeted mental health support for workers in high risk industries that are hard to reach. The current challenges have increased pressures on mental health, including the disruption due to Covid-19, which has led to our services being in high demand. We connected with over 48,000 people in the last year and our data shows a 15-20% increase in engagement and demand, despite several months where we could not provide outreach services due to Covid-19 health restrictions.

OzHelp's outreach approach takes support to workplaces and communities across Australia. OzHelp has continued its work with the building and construction industry and designed and developed a new program for truck drivers and those living and working in rural Australia.

Helping hard to reach workers in high risk industries relies on the support and commitment of many people. I acknowledge the commitment and professionalism of OzHelp staff, my board colleagues and generous funders and supporters.

This year we farewelled Board Chair Hugh Chalmers, who stepped down after eight years in the role and nine years as a Board Member. I would like to thank Hugh for his invaluable leadership and guidance to the Board and OzHelp Team during his tenure and wish him well in retirement. We also farewelled Jason Jennings from the Board after five years of service and we thank Jason for his service as a Director and Deputy Chair.

The Board welcomed three new Board Directors, David Cosgrave, Hamish Thomson and Caroline Walsh. I would also like to acknowledge and thank all Board Members, including our Deputy Chair Lyn O'Connell as well as members of OzHelp's Clinical Advisory Committee, headed by Board Member Nicole Sadler AM CSC.

This report provides an overview of the important work of OzHelp and the impact it has on the workplaces and individuals it supports.

OzHelp's health and wellbeing programs help individuals build awareness of risk and protective factors for mental health and suicide, adopt self-management strategies, and seek help; build the capacity of individuals to notice the signs of distress in others, offer support and connect them to help; and provides access to wellbeing support and counselling.

OzHelp first opened its door in 2001. As it approaches its 21st year OzHelp has reached a level of service maturity that ensures it can contribute to the national suicide prevention priorities articulated by the Australian Government and embrace the coming year conscious of the many challenges and opportunities ahead.

Peter Howman
Chair



THANKS TO OUR BOARD

OzHelp would like to acknowledge the significant contribution of our Board. We thank the directors for volunteering their time and input, and for their stewardship towards our strategic purpose and vision.



PETER HOWMAN
BOARD CHAIR

Peter is an Executive Director and Chair, Non Executive Director, National CEO of the Year, and Committee Member with over a decade of board level experience across the public, commercial and not for profit sectors.



LYN O'CONNELL
DEPUTY CHAIR

Lyn is the Deputy Secretary of the Australian Government Department of Agriculture, Water and the Environment. Lyn was previously Deputy Secretary at the Department of Infrastructure and Transport. Lyn is also a member of the Institute of Public Administration Australia and a graduate of the Australian Institute of Company Directors. Lyn has a Bachelor of Science degree from ANU and lives in Canberra.



ROBERT JOHNSON
TREASURER

Robert has been a partner of Hardwicks Chartered Accountants since 1987. Robert is a registered company auditor, tax agent and financial planner. Robert is also a member of the Catholic Education Financial Committee, and the Institute of Chartered Accountants.



IAN CARTER
DIRECTOR

Ian is the Executive Chairman of PBS Property Group. Ian has overseen the growth of the company from Prestige Building Services in the late 1980s to an integrated property business. Ian is actively involved in a number of national industry bodies that support community and skills training initiatives and is also a Director of the Master Builders Australia Skills Trust.



DAVID COSGRAVE
DIRECTOR

David consults on risk management, most recently to Health Canada and the EU Project Bank. His other board roles include chair at Steinberg Law and non-executive director of the Darling Downs and West Moreton Primary Health Network. He holds postgraduate qualifications in law and management and is a graduate of the Australian Institute of Company Directors.



MICHAEL HOPKINS
DIRECTOR

Michael is CEO of Master Builders ACT, Civil Contractors Federation ACT and MBA Group Training Ltd. Michael's background combines local government and industry experience, most notably leading large-scale projects throughout Australia. Michael is also the Director of Master Builders Australia Insurance Brokers.



NICOLE SADLER AM CSC
DIRECTOR

Nicole is the Head of Policy and Practice, Phoenix Australia and an Enterprise Fellow in the Department of Psychiatry, University of Melbourne. She is a Clinical Psychologist who specialises in evidence-based systems and services to support individuals working in high risk organisations, including military, police and emergency services.



HAMISH THOMSON
DIRECTOR

Hamish is a strategic consultant, published leadership author, speaker, and investor. He has been a successful CEO/Regional President and Global Brand head for Mars Incorporated (UK, Australia, and Chicago), a senior marketing and sales lead for Reebok International (England and the Netherlands), and an account executive in the London advertising scene.



CAROLINE WALSH
DIRECTOR

Caroline is the CEO of the Institute of Public Administration Australia – ACT. Caroline has significant experience in policy, regulation and program management covering service delivery, workforce capability, diversity and inclusion, workers' compensation, safety, mental health and wellbeing. She is a graduate of the Australian Institute of Company Directors and holds qualifications in Law and Government.



LEANNE WELLS
DIRECTOR

Leanne is CEO of the Consumers Health Forum of Australia and a committed health advocate with executive experience across Australian government and non-government organisations. Leanne is a Board Director of Coordinare South Eastern New South Wales PHN and the Population Health Research Network. She is an expert in consumer and community engagement and is an adviser on health consumer affairs issues to several government taskforces and committees. Leanne is a member of the Australian Institute of Company Directors and the Australian Institute of Management and Leadership. She has qualifications in Communications and Business.

CLINICAL ADVISORY COMMITTEE REPORT

OzHelp's Clinical Advisory Committee was formed in 2019 and contributes knowledge, experience and evidence-informed best practice to the design and delivery of OzHelp services.

Committee members provide clinical and procedural guidance and have experience across areas including psychology, nursing, education, and mental health and suicide prevention policy development and research. They also advise on overcoming barriers to accessing services for hard-to-reach individuals and incorporating lived experience knowledge and co-design into OzHelp programs.

The Committee meets quarterly and last year provided advice to support the design and delivery of Health in Gear, a health and wellbeing project for owner driver truck drivers; as well as the delivery of the CARE for Rural Australia suicide prevention workshops across rural and remote Queensland.

In this period, OzHelp undertook a review of its gatekeeper training, and this benefited from Committee input. This led to a new partnership with QPR Australia

and developing customised gatekeeper training for the priority workforces OzHelp supports – hard to reach workers in high-risk industries.

In this period the Committee has worked to form closer links with OzHelp's Board to ensure a shared understanding of the organisation's strategic goals and objectives. This also provided an opportunity for the Board to gain a deeper understanding of the Committee's knowledge and experience, and to explore how OzHelp can focus its research and quality assurance activities in a way that contributes to building the evidence base for its programs and help to navigate emerging issues, such as service delivery challenges in the context of Covid-19.

*Nicole Sadler AM CSC
Committee Chair*

INAUGURAL COMMITTEE MEMBERS:

DR LARA BISHOP

DONNA HODGSON

NICOLE SADLER AM CSC, COMMITTEE CHAIR

DR LOUISE STONE

DR CORALIE WILSON

ALAN WOODWARD



HARD TO REACH + WORKING IN HIGH RISK INDUSTRIES

IN 2020 3,139 AUSTRALIANS DIED
BY SUICIDE, 75% WERE MEN.

Suicide risk is elevated in high risk industries linked to a range of factors, including working conditions and demands, social and geographic isolation, physical danger, job insecurity and use of drugs and alcohol. There are also other stressors such as relationship breakdown, family pressures, financial insecurity or legal issues.

Individuals working in these male-dominated industries are often hard to reach – they use health services less frequently, have lower levels of health and mental health literacy, experience high stigma as it relates to mental health and as a consequence, lower rates of help seeking.

OzHelp brings health and wellbeing support to these individuals, who may not otherwise reach out or contact services for help. It delivers programs where they are open to participating, in workplace and community settings.

OzHelp's service and programs recognise the interconnection between suicide prevention; health and wellbeing; and the social determinants of health, such as financial security, working arrangements, family relationships and stable housing.



Programs operate across two priority areas:

+ EARLY INTERVENTION HEALTH SCREENING

- To identify physical and mental health issues,
- identify people who are at-risk and require immediate crisis interventions, and
- provide an opportunity for wellbeing support and counselling, and referral to other services.

+ WELLBEING EDUCATION

- To help individuals better understand their health and wellbeing, provide strategies to self-manage health and mental health issues, understand the signs of distress in themselves and others, and to seek help,
- provide an opportunity wellbeing support and counselling, and referral to other services, and
- peer supporter training to help build the capacity of individuals to notice the signs of distress in others, offer support and connect them to help.

Programs are scalable and can be delivered in workplaces of any size and location, including regional, rural and remote areas.



OZHELP'S MODEL



Image: Rawpro

REACH + IMPACT

DURING 2020/21:

48,000+ individuals

connected with OzHelp's services, information, tools and awareness campaigns.

+ EARLY INTERVENTION HEALTH SCREENING

OzHelp's early intervention health screening use a comprehensive range of questions related to health and wellbeing to accurately provide individuals with assessments of their health and wellbeing across a range of indicators. Assessment is used as a pathway to providing further information, education and wellbeing support.

In 2020/21
2,235
health screens were completed



IMPACT SNAPSHOT: TRADIE/TRUCKIE TUNE UP (TTU)

A 15-20 minute face-to-face health and wellbeing check conducted by an OzHelp nurse and wellbeing support worker. OzHelp conducted 1,333 Tune Ups during the period. At random three-month follow-ups (n=85) the following key behavioural changes had occurred:



27%
reported exercising more



14%
had visited their GP



18%
reported that they had reduced their consumption of alcohol



2%
had spoken to a friend or counsellor about their mental health

+ WELLBEING EDUCATION

OzHelp's training is focused on prevention and early intervention—across health, wellbeing, mental health and suicide prevention. Through education and access to wellbeing support, OzHelp helps participants to cope with life's challenges, engage in self-care and seek help for themselves or for others, when required.

In 2020/21
2,063
participants attended an OzHelp training workshop



IMPACT SNAPSHOT: WELLBEING EMPOWERMENT PROGRAM (WEP)

During 2020/21 OzHelp delivered the Wellbeing Empowerment Program to **650** participants. (Face to face and online)

97% of participants that attended a face-to-face workshop (n=583) said they found the program useful.

24%

reported being more comfortable with seeking support when they needed help

22%

reported a positive change in their understanding of their health and wellbeing

16%

reported feeling more confident to help others who are stressed/distressed

20%

increased reach during the 2020/21 period.



19%

increase in demand (health screening, training and support) despite the Covid-19 lockdown periods.



IMPACT SNAPSHOT: WORKPLACE TUNE UP (WTU)

A multi-part health and wellbeing program that consists of an online assessment tool for individuals, a benchmarking report for employers and wellbeing support for individuals. Since OzHelp developed the WTU in 2017. Health and wellbeing screening data for all participants 2017 to 2021 (n=6,389):



Since 2017

6,389

participants have completed the WTU



59%
received follow up action from OzHelp via email



47%
were not getting the required amount of sleep



31%
had poor financial health likely to be impacting their stress and mental health



26%
rated as having fair or poor physical health



22%
rated as having fair or poor mental health



19%
were involved in unsafe alcohol consumption



9%
required wellbeing support from an OzHelp wellbeing support worker



1%
were identified as at risk of suicide or self-harm (that is 63 people)

+ WELLBEING SUPPORT + COUNSELLING

OzHelp wellbeing support workers follow-up with participants who are flagged as at-risk through an early intervention health screening program.

Support is provided for a range of issues including: family, relationship and financial issues, suicide-related, workplace issues, mental health, alcohol and drug use, gambling and anger management.

Wellbeing support workers refer individuals to OzHelp's trained counsellors as well as other services.

2020-21:

527

wellbeing support sessions

721

counselling sessions

503

follow up check-in calls after a health screen or support session

OzHelp is committed to program evaluation aligned to its theory of change and program logic. Evaluation includes measures and indicators of impact and outcomes, and a commitment to disseminate findings to improve the evidence base for early intervention activities. OzHelp acknowledges that the hard to reach individuals that its programs support can be difficult to access, engage and retain in evaluation activities. It is committed to working with program participants to overcome barriers to participation, simplify measurement methods and improve retention rates, to ultimately improve the quality of the evidence base.

CASE STUDIES

HEALTH IN GEAR

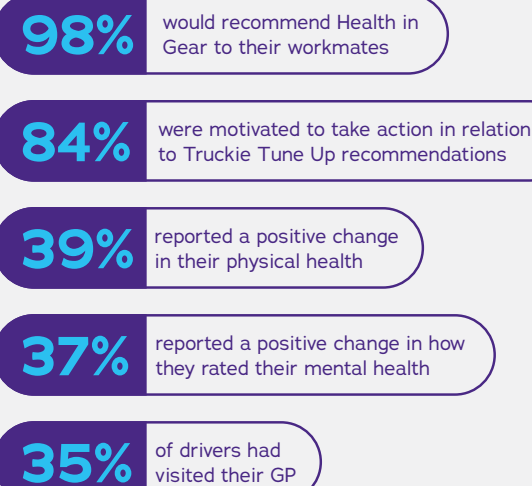
HEALTH IN GEAR is a health and wellbeing program for owner drivers in the road transport industry, delivered through funding from the National Heavy Vehicle Regulator's (NHVR) Heavy Vehicle Safety Initiative and the Australian Government Department of Health.

Launched in January 2021, the program delivered Truckie Tune Up health screens to drivers across the ACT, New South Wales and Queensland.

Health in Gear is a unique and tailored program that:

- took support 'to the road' and connected with 583 drivers, 85 drivers completed a Truckie Tune Up and 78 drivers participated in the evaluation,
- reached 524,000 people connected to the transport and logistics industry through an information campaign,
- provided accessible online information at www.healthingear.com.au accessed by 1,549 visitors and a telephone support line 1800 IN GEAR, and
- produced an engaging podcast 'Share the Load', downloaded 573 times, that drivers could listen to while on the road.

78 drivers participated in the evaluation. Each driver completed the Truckie Tune Up health screen and were contacted by OzHelp staff at two further check-in points, 24 hours and three weeks after the initial screen. 51 drivers completed all three contacts (65%). At the third contact point:



OzHelp will roll-out phase two of the program in 2021/22.

"UNFORTUNATELY WORKING IN THE TRANSPORT INDUSTRY, AT TIMES WE COME ACROSS TRAGEDY ON THE ROAD... **HEALTH IN GEAR HELPED ME DEAL WITH THE TRAUMA** AND THE ISSUES THAT CAME FROM THIS LIFE CHANGING EVENT. I WOULD ENCOURAGE EVERYONE TO SPEAK OUT ABOUT THEIR STRUGGLES AND NOT KEEP THEM BURIED." **TRUCK DRIVER** | GRIFFITH NSW



CASE STUDIES

CARE FOR RURAL AUSTRALIA

CONNECT ASK REFER ENCOURAGE (CARE) FOR RURAL AUSTRALIA was delivered by OzHelp with the support of Perpetual Trustees, the Australian Government Department of Health, and in partnership with Dr Meg Perceval, Be Health and the Australian Institute for Suicide Research and Prevention (AISRAP) through Griffith University.

CARE is an evidence-based wellbeing and suicide prevention (peer supporter) program that addresses the health needs of people living and working in regional, rural and remote communities, particularly those working in farming, agribusiness and other agricultural industries.

CARE for Rural Australia workshops involving 151 participants, were run in rural Queensland communities in March 2021 through a mix of face-to-face and online workshops. The workshops include the CARE action plan and equip participants with the knowledge, skills and confidence to be able to have conversations with others and assist them to further help if required.

To build on the existing evidence base for rural wellbeing and suicide prevention programs, AISRAP evaluated the acceptability, feasibility and impact of the CARE for Rural Australia program which found that it was considered valuable and appropriate by rural communities and may be particularly useful in increasing confidence to offer or provide help.



CARE - Mackay

"I REALLY DID GET A LOT OUT OF THE DAY. I FOUND THE CARE PROGRAM WAS WELL-PLANNED AND REALLY WELL-RUN. MEG DID A GREAT JOB OF MAKING THE ISSUE OF RURAL SUICIDE REAL. AT THE SAME TIME SHE GAVE US A SENSE OF HOPE THAT THERE ARE THINGS WE CAN ALL DO TO HELP. MEG'S WORK IS EVIDENCE-BASED AND REALLY WELL PRESENTED. I HAVE TAKEN AWAY THINGS THAT I CAN USE EVERY DAY IN MY WORK AND OUTSIDE OF WORK, TOO." **DR PETER ARNOLD-NOTT** | RURAL GP


CASE STUDIES

INDUSTRY COLLABORATION:
LENDLEASE ACT


In 2020-21, OzHelp collaborated with Lendlease to deliver a subcontractor wellbeing strategy across their sites in the ACT. The program included:


- the Workplace Tune Up, including online health screening for workers and an employer benchmarking report providing a snapshot of their workforce's overall health and wellbeing,
- Workplace Supporter Training for workforce managers and team leaders, to build capacity to notice the signs of distress in others, offer support and connect them to help,
- outreach onsite to continue to raise awareness using brief education and training sessions (known as toolbox talks), and
- wellbeing support for individual workers identified as at-risk through online health screening.

The program was impacted by Covid-19 lockdowns and restrictions however OzHelp was able to conduct a number of site visits, and raise awareness of health and wellbeing and the support offered by OzHelp.

80 
subcontractors completed the Workplace Tune Up online health screening

100 
subcontractors attended a brief education and training session, or toolbox talk

13 
Lendlease managers and team leaders completed Workplace Supporter Training incorporating Question Persuade Refer (QPR)

11% 
of individuals were flagged as at-risk through online health screening and required follow up by an OzHelp wellbeing support worker

An additional **4,050** 
site workers were made aware of OzHelp's services and support through this partnership

"LENDLEASE ARE PROUD TO PARTNER WITH OZHELP IN **SETTING A BENCHMARK FOR WORKPLACE HEALTH AND SAFETY STANDARDS** TO INCLUDE PSYCHOLOGICAL SAFETY. WE REMAIN UNCOMPROMISING IN OUR APPROACH TO THE HEALTH AND WELLBEING OF OUR EMPLOYEE AND SUBCONTRACTOR WORKFORCE. WE THANK OZHELP FOR THEIR SUPPORT AND DELIVERY OF THE STRATEGY AND LOOK FORWARD TO CONTINUING INTO 2022." **BEN OWEN** | GENERAL MANAGER LENDLEASE BUILDING ACT



FINANCIAL REPORT HIGHLIGHTS

As already highlighted in reports from our Chair and CEO, Covid-19 has presented challenges and uncertainty for our communities. For OzHelp, we have focused on addressing the challenges to planning and maintaining high quality wellbeing and support services throughout this period. While managing resources was difficult during 2020/21, through strong support from government, service users, supporters and donors, we ended the year with a positive financial result, and a modest surplus of around \$80,000. Our financial position remains secure with total assets of \$1.75 million and net equity of \$1.03 million. This places OzHelp in a strong position to innovate and build critical services, which will be even more important for hard to reach workers in high risk industries as we emerge from the pandemic and start along the road map to recovery.

The 2021/22 year has again started with high levels of volatility and uncertainty, impacting on our ability to plan and deliver our services. However we know that with the pandemic related restrictions coming to an end, and with our focus on hard to reach workers in high risk industries, demand for our critical services is increasing with the level of stress across the community.

With this increased demand, OzHelp will be seeking long-term funding for its national suicide prevention programs from the Australian Government, as well as continuing funding from the ACT Government for wellbeing and support programs in the ACT region.

Alongside government funding, OzHelp supplements funding to expand the reach and impact of services through fundraising, donations, corporate partnerships, cost recovery and fee for service income.

We are confident that with a secure funding base and the support of partners and donors, OzHelp's programs will be maintained and enhanced in the coming years.

Robert Johnson,
Treasurer

Full set of financials accessible by QR code:



FINANCIAL PERFORMANCE

	2021	2020
REVENUE	3,149,375	3,170,786
DEPRECIATION AND AMORTISATION	(141,654)	(160,234)
EMPLOYEE BENEFITS EXPENSE	(2,157,074)	(2,371,598)
CONSULTANCY, FINANCIAL AND LEGAL EXPENSES	(237,710)	(184,247)
OPERATING AND CLINICAL EXPENSES	(141,268)	(231,527)
MARKETING AND COMMUNICATIONS EXPENSES	(91,130)	(63,803)
ADMINISTRATION AND OTHER EXPENSES	(300,139)	(366,682)
OPERATING SURPLUS/(DEFICIT) FOR THE YEAR	80,400	(207,305)

FINANCIAL POSITION

	2021	2020
CURRENT ASSETS	678,547	771,386
NON-CURRENT ASSETS	1,078,551	1,290,024
TOTAL ASSETS	1,757,098	2,061,410
CURRENT LIABILITIES	446,567	707,844
NON-CURRENT LIABILITIES	283,703	407,138
TOTAL LIABILITIES	730,270	1,114,982
NET ASSETS (EQUITY)	1,026,828	946,428

FUNDRAISING SPOTLIGHT

OzHelp's programs rely on awareness, fundraising and donations to further its work in reaching Australia's most at-risk workers. We thank all the individual, family and private donors for their kindness and generosity.



AMA BBQ



AMA PROJECTS CHARITY PARTNER

During 2021, AMA Projects partnered with OzHelp to raise funds and awareness in support of OzHelp's work.

Tradie Tune Ups, BBQs and site talks were hosted across worksites, as well as a series of fundraising events. The Canberra Times Marathon raised over \$5,000 for OzHelp. Other events, including a Charity Golf Day, Trivia Night and a Bunnings BBQ were rescheduled due to the Covid-19 lockdowns and restrictions.

"PEOPLE ARE AT THE HEART OF EVERYTHING WE DO HERE, AND WE HAVE WORKED TO CREATE A PEOPLE-FIRST CULTURE, TO FOSTER A POSITIVE AND ENGAGING WORK ENVIRONMENT. THE PARTNERSHIP WITH OZHELP HAS DIRECTLY ALIGNED WITH OUR VALUES AND WE ARE THRILLED TO BE SUPPORTING A CHARITY THAT DOES SUCH FANTASTIC WORK NATIONALLY TO HELP IMPROVE MENTAL HEALTH AND WELLBEING ACROSS AUSTRALIA'S HIGH RISK INDUSTRIES." **ANDREW PEEREBOOM | DIRECTOR, AMA PROJECTS**

ALLINSURE KICKSTARTS A COLD WINTER MORNING

ACT insurance broker Allinsure and Kickstart Espresso teamed up to brighten the morning of local trades workers, providing free coffee to encourage a donation to OzHelp.

OzHelp's Tradie Tune Up team were onsite to meet with workers, and despite the cold winter morning, the event raised \$3,000 and crucial awareness of OzHelp's program.



OzHelp Allinsure Kickstarter



Fundraising initiative

DRY TRIATHLON FOR SUICIDE PREVENTION AND MENTAL HEALTH.

For Mental Health Month 2020, OzHelp Team Leader Lesa O'Leary took on a Dry Triathlon (Dri-Tri) to raise awareness and funds for OzHelp's program.

Sponsored by PBS Building, she joined a team from Orange Theory Fitness to show Australia that taking action can make a difference. Lesa completed the 2km row, 300 floor exercises and a 5km run in under one hour and raised \$3,070.

2021 SUICIDE AWARENESS BALL

OzHelp was selected as a beneficiary of funds raised at the 2021 Suicide Awareness Ball. This Canberra-based event was established in 2019 by Britt Shepard and Shannon Narracott, two registered nurses who work in acute care at the Canberra Hospital. In 2018, they became concerned by the prevalence of suicide and mental health crises in the Canberra community. OzHelp was an attendee and supporter of the inaugural ball. At time of writing funds raised were well over \$100,000 with the final tally due in the coming months. OzHelp would like to thank Shannon and Britt for their amazing support.



Suicide Awareness Ball

Like to know more about becoming a Charity Partner or fundraising for OzHelp? **Contact: info@ozhelp.org.au**



THANK YOU

OzHelp thanks all of the governments, organisations, groups and individuals who provide funding and support to make our work possible, and enable us to expand our reach and impact.

GOVERNMENT FUNDERS

Australian Government Department of Health
ACT Government

OTHER FUNDERS

Perpetual Trustees
National Heavy Vehicle Regulator – HVS1 Program

FOUNDING PARTNERS

Master Builders ACT
CFMEU

PRIMARY HEALTH NETWORKS

Western QLD PHN
Darling Downs and West Moreton PHN
Coordinare (South Eastern NSW) PHN

IN-KIND SUPPORTERS

Raw Pro
Coordinate
Equity Partners
Cordelta

RESEARCH AND ACADEMIC PARTNERS

Griffith University
Australian Institute for Suicide Research and Prevention (AISRAP)
University of Wollongong
Swinburne University of Technology

PROGRAM PARTNERS

Converge International
QPR Institute Australia
Be Health (CARE)

INDUSTRY SUPPORTERS

AMA Projects
PBS Building
Allinsure
Woden Contractors
(AMCA) Air Conditioning & Mechanical Contractors' Association
SolarHub
LendLease
EVO Build
National Association for Women in Construction
Master Plumbers ACT

Thank you to OzHelp's dedicated and highly skilled staff and board; mental health sector collaborators; referral partners; and all of the workplaces who partnered with us and engaged with our services.





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