



**OZHELP**  
Transforming Lives at Work

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# ANNUAL REPORT

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**OZHELP**  
Transforming Lives at Work



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# ABOUT OZHHELP

## OUR HISTORY

The OzHelp Foundation Ltd (OzHelp) was established in 2001 after David O'Bryan, a young Canberra apprentice, took his own life. In the 20 years since, OzHelp has become a national leader in providing essential mental health and wellbeing services to workers in high-risk, hard to reach industries. OzHelp's outreach approach takes support to the workplaces and communities across Australia, with a specific focus on the building and construction, and transport and logistics industries.

## OUR VISION

An Australia without suicide.

## OUR MISSION

Transforming the mental health and wellbeing of workers in high-risk, hard to reach industries.

## OUR VALUES

As a customer-orientated organisation, our values demonstrate the standards that we commit to in our work and everything we do through:

- excellence in delivery of our services and clinical best practice
- nurturing a culture of teamwork and collaboration
- embracing diversity in people, views and ideas
- commitment to transparency, integrity and accountability.

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.



## CHAIR'S FOREWORD

PETER HOWMAN

It has been a year of great progress for the OzHelp Foundation. The renewal of our Federal Government funding was a central goal and has been achieved with increased funding to support the growth of our services nationally over the next three years. We thank the Commonwealth for their confidence and continued support. The Board also acknowledges the tremendous work of the staff, Leadership and Executive teams in preparing OzHelp to be ready for that increased support – much has been done in building our internal systems, processes and team capabilities to enable the solid foundations for growth.

Similarly, we recognise the continuing support of the ACT Government through its support of OzHelp's local programs, which continue to focus on preventative mental health supports to high-risk workers mainly in the building and construction, and transport and logistics industries. We acknowledge the support of the former Minister for Mental Health Shane Rattenbury, who has been supportive of OzHelp for many years, and the new Minister, Emma Davidson for her continued support.

I also wish to acknowledge the continuing involvement and support of our founding member, the Australian Capital Territory (ACT) branch of the Master Builder's Australia (MBA), for their continued advocacy and support to OzHelp which

now spans over 20 years. Michael Hopkins (MBA Chief Executive Officer (CEO)) sits on our Board and continues to provide valuable advice and governance support. Without the support of such strong foundation members, OzHelp would not have been able to do the work it has done.

I want to make special mention of the OzHelp staff who have served diligently through the past year often in very challenging circumstances due to COVID-19 restrictions. Your passion and professionalism to pivot our programs and services and your preparedness to get back out there to deliver those site-based, face-to-face services, as soon as it was safe to do so, has been a great testimony to the culture and service ethic of the team at OzHelp.

Finally, I want to thank our previous CEO, Darren Black for the work he has done in leading OzHelp through this challenging period. You have ensured we navigated those complexities safely, strengthened OzHelp's reputation across the sector and with our key stakeholders, and prepared the organisation for the growth it is now experiencing. On behalf of the Board you have our gratitude and best wishes for your future endeavours.

Regards and thanks,

**Peter Howman**  
Chair, OzHelp Foundation



**“THE RENEWAL OF OUR FEDERAL GOVERNMENT FUNDING WAS A CENTRAL GOAL AND HAS BEEN ACHIEVED WITH INCREASED FUNDING TO SUPPORT THE GROWTH OF OUR SERVICES NATIONALLY OVER THE NEXT THREE YEARS.”**



35

STAFF MEMBERS  
WITH A PASSION  
FOR MENTAL  
HEALTH AND  
SUICIDE  
PREVENTION

WORKING IN  
**6 & 2**  
STATES TERRITORIES



TRAVELLING OVER

**60,000 KMS**

DELIVERING:



**87**

TRAINING SESSIONS



**797**

SUPPORT CALLS



**2,333**

HEALTH SCREENS

AND



**1,645**

PARTICIPANTS IN  
HEALTH AND  
WELLBEING TRAINING



**3**

STUDENTS UNDERTOOK  
WORK PLACEMENT  
WITH OZHELP

ALL WORKING TOWARDS A COMMON GOAL - TO SUPPORT PEOPLE IN  
HIGH-RISK, HARD TO REACH INDUSTRIES TO PREVENT THE RISK OF SUICIDE



**240,000+**

INDIVIDUALS CONNECTED WITH  
OZHELP'S SERVICES, INFORMATION,  
TOOLS AND AWARENESS CAMPAIGNS



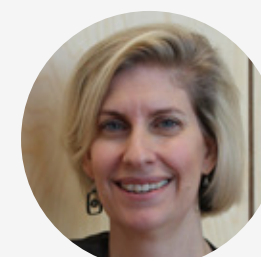
PETER HOWMAN  
Chair



LYN O'CONNELL  
Deputy Chair



HAMISH THOMSON  
Executive Director/CEO



CAROLINE WALSH



DAVID COSGRAVE



IAN CARTER



LEANNE WELLS



MICHAEL HOPKINS



NICOLE SADLER AM CSC



ROBERT JOHNSON

## BOARD OF DIRECTORS

OzHelp's Board of Directors is independently selected to provide a suitable mix of professional experience and expertise to govern all aspects of the company. The Board comprises of nine non-executive, part-time directors and one full-time executive director.

### 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.





## CEO'S MESSAGE

**HAMISH THOMSON**

Great organisations share three characteristics – they are proficient, driven and unapologetically passionate. However, there is a key difference between a great organisation, and an exceptional one – the exceptional ones are purposeful.

Without a doubt the team at OzHelp have exemplified these traits over the last 12-months. As a member of the Board for the past two years, and recently through my involvement as Executive Director / CEO, I have been humbled and inspired at the difference the Foundation has made to the lives of so many people in need.

OzHelp operate within an environment of consistent challenges, whereby everyday Australians are experiencing moments of disruption and uncertainty like never before. Within our laneway of high-risk, hard to reach and largely male-dominated industries, the necessity for OzHelp's services has never been greater. It is thus with pride and acknowledgement, that I thank both the team (current and past) and the Board for their unwavering dedication and commitment to the cause.

We have broken new ground in the transport and logistics industry with the success of our Health in Gear program, and have had our core Federal Government and ACT Health funding renewed and subsequently increased.

There has been significant focus through 2021-22 to adapt to the changing landscape and needs of employers and workers. We have done extensive work in program design and development, streamlined our clinical practice and implemented robust quality assurance and evaluation processes, along with the important milestones of the Clinical Advisory Committee and OzHelp Reference Group implementation.

In closing, I would like to remind us all of the following; we have both the opportunity and a responsibility to extend our reach and impact to those in need. We have the capability and dedication to do so, and through collaborative partnerships with like-minded others, we will continue to make a difference.

Best, and stay safe,

**Hamish Thomson**

Executive Director / CEO, OzHelp Foundation



**“I HAVE BEEN HUMBLLED AND INSPIRED AT THE DIFFERENCE THE FOUNDATION HAS MADE TO THE LIVES OF SO MANY PEOPLE IN NEED.”**



# CLINICAL ADVISORY COMMITTEE REPORT

OzHelp's Clinical Advisory Committee (CAC) 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 high-risk, hard to reach industries, incorporating lived experience knowledge and co-design into OzHelp's programs.

## OZHELP IS PROVIDING SAFE AND EFFECTIVE CARE TO THE COMMUNITIES IT SERVES.

The Committee meets quarterly, and during the last year, provided advice and guidance to OzHelp to implement robust processes to support the development and growth of the organisation. Specifically, the Committee provided guidance enabling OzHelp to achieve accreditation for six programs with Suicide Prevention Australia and assisted in the development of a Clinical Governance Framework which will ensure that

OzHelp is providing safe and effective care to the communities it serves. The Committee continues to strengthen its relationship with OzHelp's Board to ensure that the growth in program delivery aligns with the corporate goals and objectives of the organisation.

It has been an incredibly busy, but successful year for OzHelp in relation to continuously improving the clinical governance of the organisation, and we commend the OzHelp Executive team and the staff for their significant achievements. We look forward to providing ongoing guidance and support to the organisation across a range of service delivery, evaluation, and clinical governance domains over the next 12 months.

As the CAC has now been in existence for several years, we have understandably had several members resign due to other commitments. We deeply appreciate the expertise and dedication shown by these individuals who have all contributed to the clinical development of the organisation over the past few years. Over the coming months we will be recruiting some new members, ensuring we have expertise aligned with OzHelp's service needs and strategic goals.

IT HAS BEEN AN INCREDIBLY BUSY, BUT SUCCESSFUL YEAR FOR OZHELP IN RELATION TO CONTINUOUSLY IMPROVING THE CLINICAL GOVERNANCE OF THE ORGANISATION.



Credit: rawpro.

## WHY OUR WORK MATTERS



OVER **2 IN 5** AUSTRALIANS AGED **16-85** HAS EXPERIENCED A MENTAL HEALTH DISORDER IN THEIR LIFETIME



**1 IN 5** AUSTRALIAN'S WILL EXPERIENCE MENTAL ILL HEALTH IN A 12-MONTH PERIOD



ON AVERAGE, ABOUT **9** AUSTRALIANS DIE BY SUICIDE EVERYDAY, **75%** OF WHICH ARE MEN

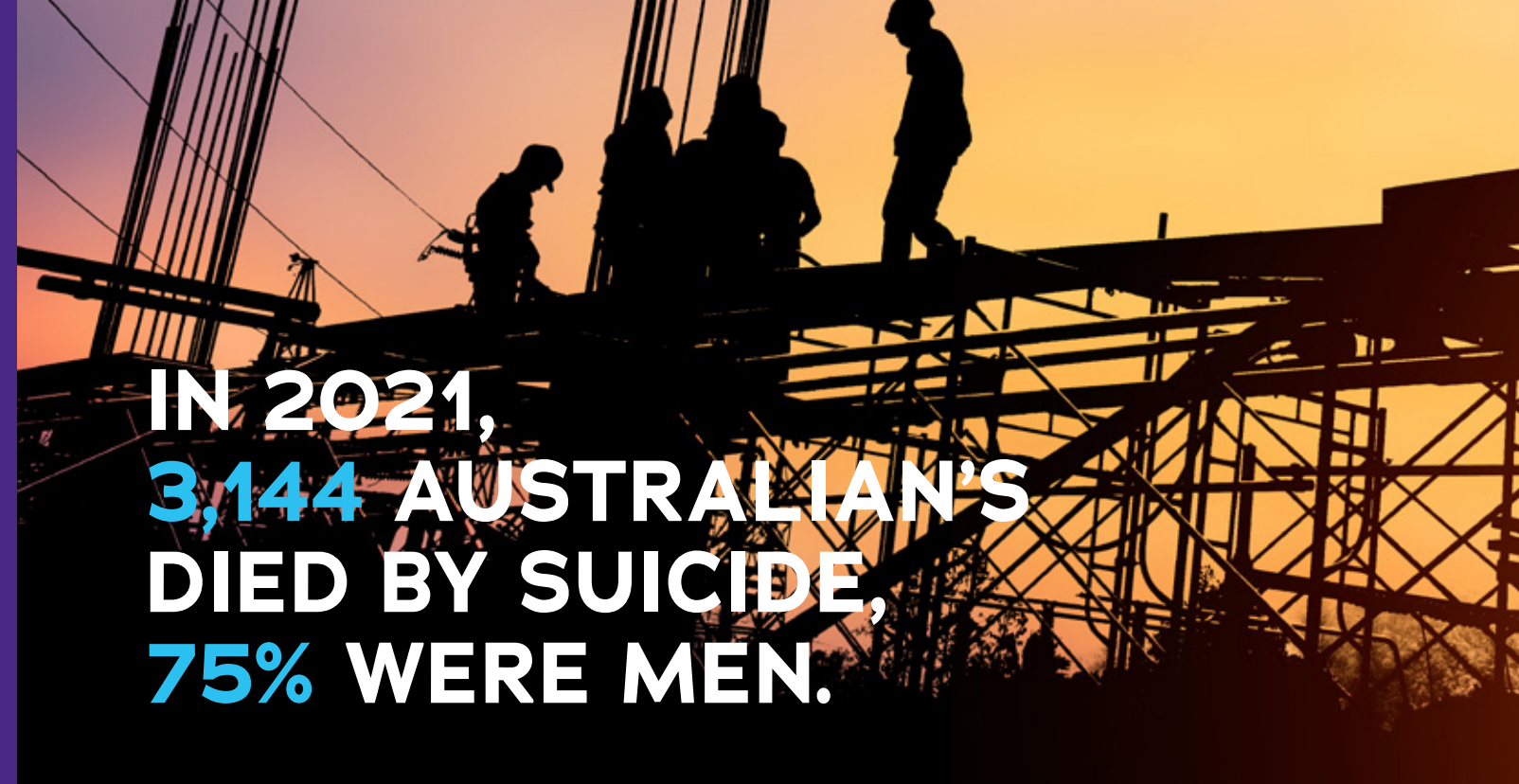


AN ESTIMATED **21%** OF FEMALES AND **12%** OF MALES EXPERIENCED AN ANXIETY DISORDER IN A 12-MONTH PERIOD



THAT'S AROUND **3 MILLION** PEOPLE IN AUSTRALIA LIVING WITH ANXIETY AND **1.5 MILLION** LIVING WITH DEPRESSION

Source: [www.aihw.gov.au/suicide-self-harm-monitoring/data](http://www.aihw.gov.au/suicide-self-harm-monitoring/data)  
Source: [www.abs.gov.au/statistics/health/causes-death/causes-death-australia/2021](http://www.abs.gov.au/statistics/health/causes-death/causes-death-australia/2021)



IN 2021,  
**3,144** AUSTRALIAN'S  
DIED BY SUICIDE,  
**75%** WERE MEN.

Individuals working in male-dominated industries, are often hard to reach. These industries such as building and construction or transport and logistics, present an elevated suicide risk due to a range of factors.

These factors include 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 breakdowns, family and financial pressures or legal issues.

Workers in these industries use health services less frequently, have lower levels of health and mental health literacy and experience high stigma as it relates to mental health and consequently, have lower rates of seeking help.

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.

OzHelp's programs operate across two priority areas:

### EARLY INTERVENTION HEALTH SCREENING

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

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



# EARLY INTERVENTION HEALTH SCREENING

 **2,333**  
HEALTH SCREENS  
COMPLETED IN 2021-22

OzHelp’s Early Intervention Health Screening uses 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 provide further information, education, and wellbeing support.

## IMPACT SNAPSHOT

### TRADIE & TRUCKIE TUNE UPS (TTUS)

OzHelp’s Registered Nurses and Wellbeing Support Officers conduct a 15–20 minute face-to-face health and wellbeing check and conversation in a location convenient to the individual - on the job site or the roadside – with a health professional and receive three and six-month check-ins.

**1,829** participants completed a TTU in 2021-22

- 18%** had visited their GP within the three-month check-in
- 15%** had spoken up about their mental health
- 20%** reported a reduction in alcohol consumption

## IMPACT SNAPSHOT

### WORKPLACE TUNE UP (WTU)

A multi-part health and wellbeing program that consists of an online assessment tool for individuals, a de-identified benchmarking report for employers and wellbeing support for individuals.

**6,878** participants completed the WTU since 2017

Snapshot data from 2017–2022 (6,878 participants)

- 22%** rated as having fair and poor mental health
- 79%** required wellbeing support from OzHelp
- 2%** identified as at-risk of suicide or self-harm (99 people)
- 48%** not getting an adequate amount of sleep
- 18%** were involved in unsafe consumption of alcohol
- 26%** rated as having fair and poor physical health

# WELLBEING EDUCATION

 **1,645**  
PARTICIPANTS ATTENDED  
OZHELP TRAINING  
WORKSHOPS IN 2021-22

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.

## IMPACT SNAPSHOT

### WELLBEING EMPOWERMENT PROGRAM

During 2021-22, OzHelp delivered the Wellbeing Empowerment Program to 178 participants. 95% of participants said they found the program useful.

- 25%** responded that they felt more comfortable to seek support when they needed help
- 23%** indicated a positive change in their understanding of their health and wellbeing
- 16%** reported feeling more confident to help others who seek it

## IMPACT SNAPSHOT

### WELLBEING SUPPORT AND COUNSELLING

OzHelp Wellbeing Support Officers 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
- mental health
- suicide-related
- alcohol and drug use
- workplace issues
- gambling
- anger management.

Wellbeing Support Officers refer individuals to OzHelp’s trained counsellors as well as other services.

- 413** wellbeing support sessions
- 514** counselling sessions
- 797** follow up check-in calls after a health screen or support session



CASE STUDIES

HUON  
HUON  
CONTRACTORS  
PTY LTD  
WORKPLACE  
WELLBEING

Huon are a civil engineering construction business specialising in road, bridge and subdivision works in the ACT and New South Wales (NSW). Huon has been successfully delivering civil construction projects for over 15 years.

In 2021-22, OzHelp collaborated with Huon to deliver a long term, embedded wellbeing plan across their sites in ACT and NSW. The plan consisted of four phases:

PHASE 1  
AWARENESS

OzHelp visits each site to introduce themselves, building relationships and trust with employees. The Wellbeing @ Work training program is delivered as an awareness raising opportunity for employees to self-rate their current state of wellbeing, identify barriers to achieving their optimal wellbeing, and to consider what practical steps can help to overcome these barriers and improve their wellbeing in all aspects.

WELLBEING  
@ WORK  
PROGRAM

4  
SITES

80+  
PARTICIPANTS

PHASE 2  
HEALTH CHECKS

Participants complete a digital health check, self-assessing their physical and mental health and wellbeing, providing them with a confidential report based on their self-assessment. OzHelp provided Huon with a de-identified report that includes a snapshot of its workforce's overall health and wellbeing, and some practical strategies and guidance to help tailor workplace initiatives in the future.

WORKPLACE  
PLACE  
TUNE UP

3  
SITES

40  
PARTICIPANTS

PHASE 3  
BUILDING ON FOUNDATIONS

Using the Workplace Tune-Up Report, OzHelp rolls out specific toolbox talks across sites depending on the trends and behaviours highlighted.

TOOLBOX  
TALKS

4  
SITES

65+  
PARTICIPANTS

PHASE 4  
CONTINUATION OF SERVICES

To celebrate health promotion events, OzHelp delivered a tailored R U OK? Day talk across Huon sites.

R U OK?  
DAY

3  
SITES

80  
PARTICIPANTS





CASE STUDIES

Credit: Supplied by Fairbrother



FAIRBROTHER  
LEADERSHIP  
AND DEVELOPMENT

For over five decades, Fairbrother has been a national award-winning commercial and industrial construction, joinery and facilities management company, located throughout Tasmania and regional Victoria.

During May 2022, OzHelp delivered the Leader Support Training (LST) program to over 50 Fairbrother employees in Bendigo and Geelong. The aim was to upskill and build internal capacity within Fairbrother’s

workforce on the importance of self-care and ensuring people understand that health and wellbeing is a shared responsibility.

The training also highlighted the importance of setting boundaries as a leader and how to empathically support an employee going through work or personal issues, whilst remaining professional.

BEFORE LST	AFTER LST
21% of people wouldn't seek help if they were going through a tough time	98% would seek help
17% of people wouldn't notice if an employee was having a tough time	98% would notice if an employee was having a tough time
21% of people were comfortable in having supportive conversations	100% were somewhat to strongly comfortable in having supportive conversations
33% of people wouldn't know how to connect an employee to appropriate help	98% would know how to connect an employee to appropriate help

“VERY INFORMATIVE AND INDUSTRY SPECIFIC. IT HELPS THE ORGANISATION TO COMMUNICATE AND BE AWARE OF WHAT’S GOING ON WITH THE PEOPLE AROUND US AS WELL AS OURSELVES.”

- LST PARTICIPANT FEEDBACK

CASE STUDIES

TRADIE  
TUNE-UPS

Over 2021-22, OzHelp conducted 58 Tradie Tune-Up (TTU) events, for 35 customers, including several with a breakfast or lunchtime BBQ provided for employees.

TTUs consist of a no obligation health check with a Registered Nurse and Wellbeing Support Officer for a quick assessment of the participants overall health while on the job, in a time and place convenient for them.



HEALTH CHECKS TAKE 15-20MINS TO COMPLETE AND CONSIST OF SCREENING FOR THE FOLLOWING:

- Cholesterol check
- Blood pressure check
- Weight measurement
- Waist measurement
- Depression awareness
- Stress awareness
- Diabetes risk assessment
- Nutrition check
- Alcohol consumption
- Smoking



“THE RESTRAINTS ON TIME THAT CONSTRUCTION WORKERS FACE MAKE IT DIFFICULT TO LOOK AFTER YOURSELF. IT’S GREAT THAT THERE’S A SERVICE AVAILABLE THAT COMES TO US WHICH HELPS TO HIGHLIGHT THE IMPORTANCE OF MAKING TIME FOR THOSE ROUTINE HEALTH CHECKS”

- CONSTRUCTION INDUSTRY WORKER





## PROGRAM SPOTLIGHT



# HEALTH IN GEAR

Health in Gear is now in Phase Two of the program after it's launch in January 2021.

The program was developed by the OzHelp Foundation in collaboration with the transport community to provide health and wellbeing support for transport and logistics workers and their families, and is delivered through funding from the National Heavy Vehicle Regulator's Heavy Vehicle Safety Initiative, the Australian Government Department of Health, and the OzHelp Foundation; with additional support from our Corporate Partners.

Throughout 2021-22, Health in Gear has delivered Truckie Tune-Ups and Toolbox Talks to drivers, employers and workers nationally.



## HEALTH IN GEAR

## 2021-2022 HIGHLIGHTS

CONNECTED WITH

# 1,124

DRIVERS, WITH

# 656

COMPLETING A  
TRUCKIE TUNE-UP



# 20

DELIVERED IN 20 LOCATIONS  
AROUND AUSTRALIA,  
INCLUDING THREE REGULAR  
ROADSIDE HUBS



# 614

FOLLOW UP SUPPORT CALLS CONDUCTED  
BY THE SERVICE DELIVERY TEAM WITH  
TRANSPORT AND LOGISTICS WORKERS



IMPLEMENTED A 24/7  
PHONE SUPPORT LINE  
FOR WORKERS AND  
THEIR FAMILIES



# 32,000+

32,000 + INDIVIDUALS CONNECTED WITH  
HEALTH IN GEAR'S SERVICES, INFORMATION,  
TOOLS AND AWARENESS CAMPAIGNS

ESTABLISHED HEALTH AND WELLBEING PARTNERSHIPS FOR PROGRAM  
DELIVERY WITH **COCA-COLA EUROPACIFIC** AND **COLES GROUP** NATIONALLY

**90%** WOULD RECOMMEND HEALTH IN GEAR TO A COLLEAGUE

**25%** REPORTED A POSITIVE CHANGE TO THEIR GENERAL HEALTH

**28%** REPORTED A POSITIVE CHANGE TO THEIR MENTAL HEALTH

**29%** VISITED A GP AFTER THEIR TRUCKIE TUNE-UP





## CASE STUDIES

# COCA-COLA EUROPACIFIC PARTNERS

Coca-Cola EuroPacific Partners (CCEP) have acted after identifying the health and wellbeing of their employees being of paramount importance. The CCEP workforce is male-dominated and culturally diverse, and requires a variety of mental health and wellbeing support to co-design a program to help build confidence in employees' physical and mental health.

Throughout 2021-22, OzHelp aimed to identify the complex health and wellbeing challenges facing CCEP's logistics division, address and promote successful health and wellbeing approaches to be implemented across the organisation in the future and provide support for employees, whilst drawing together new and existing health and wellbeing initiatives.

OzHelp's Health in Gear program delivered 15 events nationally for CCEP, connecting with 787 drivers, of which 634 completed a health screen. The delivery consisted of Early Intervention Health Screening (health checks), resources and information for self-help, access to 24/7 support and free counselling, toolbox talks and evaluation reports to assist in identifying the critical wellbeing issues impacting the workforce and how investment in future programs can target the areas where employees most require support.

**"CCEP IS PROUD TO BE PARTNERING WITH OZHELP TO PROVIDE HEALTH AND WELLBEING SUPPORT THROUGH THEIR HEALTH IN GEAR PROGRAM. WE ARE ACUTELY AWARE OF THE UNIQUE CHALLENGES OUR COHORT OF MANUFACTURING, DISTRIBUTION, TRANSPORT AND LOGISTICS WORKERS FACE AND THE IMPACT THIS CAN HAVE ON THEIR MENTAL AND PHYSICAL WELLBEING."**

**LISA MCCAHERN**  
HEAD OF HEALTH, WELLBEING AND  
INJURY MANAGEMENT, COCA-COLA  
EUROPACIFIC PARTNERS

**Coca-Cola** EUROPACIFIC  
PARTNERS



## CASE STUDIES

# COLES GROUP

OzHelp partnered up with Coles Group (Coles) to deliver its Health in Gear program for Coles' inbound, primary and receiving drivers, reaching over 300 inbound drivers.

The partnership between OzHelp's Health in Gear program and Coles speaks to the Coles vision for its *2021 Sustainability Strategy*, through creating safer choices and greater places to work through innovative partnerships. The Health in Gear program visited six locations, connecting with 332 drivers, of which 235 undertook a health screen.

The delivery consisted of Truckie Tune-Ups and access to 24/7 support and free counselling. Insights gathered through the rollout from participants will be shared with Coles to help further understand the challenges drivers are facing and how best we can support them into the future.

**coles**

**"TRANSPORT WORKERS FACE MANY CHALLENGES WHILE ON THE ROAD, AND IT'S IMPORTANT THEY ARE SUPPORTED TO IMPROVE THEIR HEALTH AND WELLBEING. PROGRAMS SUCH AS OZHELP'S HEALTH CHECKS ALLOW COLES TO PROMOTE IMMEDIATE SUPPORT FOR TRANSPORT OPERATORS REGARDLESS OF THEIR BUSINESS SIZE, ENSURING DRIVERS DELIVERING INTO COLES' DISTRIBUTION CENTRES HAVE DIRECT ACCESS TO HEALTH AND WELLBEING INITIATIVES, INCLUDING MENTAL HEALTH SUPPORT. NOW MORE THAN EVER IT'S VITAL THAT WE CHECK IN WITH OUR SUPPLY CHAIN PARTNERS, AND THIS IS JUST ONE WAY THAT COLES WILL BE SUPPORTING OUR SUPPLY CHAIN COMMUNITY IN 2022."**

**DAVID CLARK**  
HEAD OF TRANSPORT SAFETY  
AND SUSTAINABILITY FOR COLES  
SUPPLY CHAIN



# 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 individuals, families, and private donors for their kindness and generosity.

## SUICIDE AWARENESS BALL

OzHelp was selected as a beneficiary of funds raised at the 2021 Suicide Awareness Ball. This 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. The 2021 ball held in July, raised over \$70,000 for OzHelp and will become an annual fundraising event from 2023 onwards.



## I GOT YOU PARTNERSHIP

After losing her son to suicide, Leesa Mountford founded I Got You, to spark conversations around promoting men's mental health and suicide awareness through three important words "I got you". I Got You have chosen to donate a portion of their sales each quarter to OzHelp, as well as hosting Josh's Fundraising Legacy Dinner in memory of Leesa's son. Their efforts throughout 2021-22 have raised \$19,871 for OzHelp. OzHelp would like to acknowledge Leesa and her family, and thank them for their incredible support.



*I Got You*

Josh's Legacy Fundraising Dinner.

## AMA PROJECTS CHARITY FUNDRAISING

After having several fundraising events delayed in 2021 due to COVID-19, early in 2022, AMA Projects was able to host a Charity Golf Fundraiser and Bunnings Sausage Sizzle to help raise funds for OzHelp. Their efforts raised a total of over \$17,000 which contributed to the training and development of three new OzHelpers.



**ama**

AMA Projects' Golf Day.

## WORKIN' GEAR BBQ

Workin' Gear are the trusted supplier of uniforms for OzHelp, and they hosted a BBQ fundraiser during their End of Financial Year Mega Sale weekend. It was a beautiful day for a BBQ and we would like to thank everyone who came down on the day to support us, including a big shout-out to Workin' Gear - their continued support is truly valued and the BBQ raised \$450 for OzHelp.



**WORKIN' GEAR**

Workin' Gear End of Financial Year BBQ.

# THANK YOU

Partnerships and collaborations are an integral part of the way we work at OzHelp. We thank all of the government organisations, groups and individuals who provide funding and support to make our work possible, enabling us to expand our reach and impact. By aligning ourselves with industry partners with similar values, the pursuit of our vision is shared.

## FOUNDING MEMBERS



## GOVERNMENT PARTNERS



## SERVICE PARTNERS

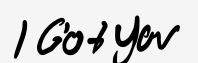


## PROGRAM PARTNERS



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.

## INDUSTRY SUPPORTERS





# FINANCIAL SUMMARY



The full set of financials can be accessed by scanning the QR code.

Consistent with the previous two years, the 2021-22 financial year again presented significant challenges to OzHelp and all members of our community. We were restricted in our capability to deliver services in the first six months of the year. Whilst this impacted OzHelp's service delivery and financial performance, the ongoing effects of the pandemic have also increased the demand for our services.

**WE ACHIEVED AN INCREASE IN FUNDING FOR THE NEXT THREE YEARS, AND ALONG WITH OUR FUNDING FROM ACT HEALTH, WE BELIEVE THE FOUNDATION IS IN PLACE TO EXPAND THE REACH AND IMPACT OF OUR SERVICES.**

OzHelp experienced an operating deficit for the year of \$466k. This was partly due to the above-described restrictions on the delivery of services which resulted in approximately \$100k less revenue. Other factors included a deliberate investment in our preparation for tendering for our next three years in national funding, and investment in building the capacity of our service delivery and clinical teams to meet increased demand in 2022-23.

We were successful in our tender for funding under the National Suicide Prevention and Leadership Support Program through the Department of Health. We achieved an increase in funding for the next three years, and along with our funding from ACT Health, we believe the foundation is in place to expand the reach and impact of our services.

The 2022-23 year has started strongly, and we have been delivering our early intervention health and wellbeing services nationally. After the first quarter of 2022-23, our financial performance is also stronger, and we have returned to a financial surplus. With continued support from funders, workplaces, and industry, we can continue to expand our reach and build our sustainability.

## FINANCIAL PERFORMANCE

	2022	2021
REVENUE	\$2,723,856	\$3,149,375
DEPRECIATION AND AMORTISATION	(\$91,875)	(\$141,654)
EMPLOYEE BENEFITS EXPENSE	(\$2,436,679)	(\$2,157,074)
CONSULTANCY, FINANCIAL AND LEGAL EXPENSES	(\$257,927)	(\$237,710)
OPERATING AND CLINICAL EXPENSES	(\$130,078)	(\$141,268)
<b>OPERATING SURPLUS/(DEFICIT) FOR THE YEAR</b>	<b>(\$466,447)</b>	<b>\$80,400</b>

## FINANCIAL POSITION

	2022	2021
CURRENT ASSETS	\$548,055	\$678,547
NON-CURRENT ASSETS	\$1,028,194	\$1,078,551
<b>TOTAL ASSETS</b>	<b>\$1,576,249</b>	<b>\$1,757,098</b>
CURRENT LIABILITIES	\$1,015,868	\$446,567
NON-CURRENT LIABILITIES	\$0	\$283,703
<b>TOTAL LIABILITIES</b>	<b>\$1,015,868</b>	<b>\$730,270</b>
<b>NET ASSETS (EQUITY)</b>	<b>\$560,381</b>	<b>\$1,026,828</b>



# ABBREVIATIONS

<b>ACT</b>	Australian Capital Territory
<b>BBQ</b>	Barbeque
<b>CAC</b>	Clinical Advisory Committee
<b>CCEP</b>	Coca-Cola Europacific Partners
<b>CFMEU</b>	Construction Forestry Mining and Energy Union
<b>CEO</b>	Chief Executive Officer
<b>Coles</b>	Coles Group
<b>GP</b>	General Practitioner
<b>LST</b>	Leader Support Training
<b>MBA</b>	Master Builder's Association
<b>NSW</b>	New South Wales
<b>OzHelp</b>	OzHelp Foundation Ltd
<b>TTU</b>	Tradie / Truckie Tune-Up
<b>W@W</b>	Wellbeing @ Work
<b>WTU</b>	Workplace Tune-Up







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