



**SPEAK
& SHARE
IMPACT
REPORT
2024**

MESSAGE FROM DIRECTORS

We are excited to welcome you to our annual Speak & Share Impact Report and look forward to bringing you many more in the future.

What started back in 2021 as three mates simply wanting to raise awareness on the impact mental health had amongst their peers has in two short years grown to a Speak & Share movement invoking important community change and highlighting the power of expressing individual vulnerability.

We continue to be blown away by the support from our Speak & Share community and humbly thank everyone who has embraced our vision of **becoming one of Australia's most impactful Mental Health advocacy organisations to create lasting change in our community.**

The impact Speak & Share has had on our community over the past year has been simply amazing.

In 2023, Speak & Share delivered over 100 programs to schools, sporting clubs and workplaces and presented to over 6,000 people.

Each of these individuals are now approaching mental health challenges with increased understanding and confidence.

Our community events have seen over 2,500 people actively involved and share their experiences and championing the cause of Speak & Share

Our social media reach has grown to over 25,000, enabling us to spread our message far and wide without geographic constraints.

Over 3,000 hoodies have been sold through our 'Hoodie Drop' campaigns promoting the awareness of mental health and the importance of our message "a problem shared is a problem halved".

Our goal for Speak & Share is to continue to influence community culture and educate on mental health strategies so that family, friends and the community should never again see anyone in Australia suffer from the devastating impacts of mental health challenges.

We all have the opportunity to truly make a difference and positively impact our community and encourage you to continue to be part of our Speak & Share movement.

Regards,
Ben, Mason and Nathan
Speak & Share Founders

WHY WE EXIST

Mental Health remains a complex challenge facing our community and requires all of our efforts to ensure that those in need are aware of the services and support that is available to them and don't suffer in silence.

It is estimated almost one in four Australians experience some form of mental ill health in any given year, while almost one in two Australians will experience mental ill health in their lifetime.

Over 75% of mental health problems occur before the age of 25 and young people are less likely than any other age group to seek professional help.

Mental illness significantly increases the risk of suicide with suicide being the leading cause of death for young Australians.

It is this target group that Speak & Share are passionate about assisting by shining a beacon of light on the issue of mental health silence and championing the strength in being vulnerable and sharing your challenges.

OUR PROGRAMS

2023 was an exciting year for Speak & Share that saw us impact more than 6,000 individuals through the delivery of over 100 school, sporting and workplace programs.

With a focus on encouraging conversations and a culture of understanding and support, the goal of our programs is to continue to tackle the stigma that is associated with mental health.

With one in four of us likely to suffer mental illness in our lifetime, it's important that we are able to normalise and encourage open discussion around mental health so everyone can feel comfortable in asking for support when they most need it.

PEOPLE BEFORE STUDENTS

PEOPLE BEFORE EMPLOYEES

PEOPLE BEFORE PLAYERS

PEOPLE BEFORE STUDENTS

What a privilege it was to see our Speak & Share School Program launched in 2023 during which we delivered programs to all across Victoria and impacting more than 5,000 students.

By seeing our youth as people before students, the program has started much-needed conversations about mental health, fostering an environment where open discussion flourishes. These conversations have not only broken-down barriers but have also encouraged students to embrace and better understand the complex topic of mental health.

If the feedback that we are getting is anything to go by, we know that our programs are bringing about positive change and we are looking forward to impacting many more people in years to come.

"Thanks heaps for your efforts this week with the Speak & Share presentations. All feedback coming to me from students, staff, and parents has been super positive and reflects the amazing work you are doing in the mental health space. We have also had a couple of parents contact us to say that their students had glowing references for you guys when they got home from school. I look forward to seeing all that you can achieve with Speak & Share because I can only see it getting bigger and better!"

TEACHER

"Hey guys, you went and spoke at my brother's school yesterday. He called me after school to tell me how much he appreciates and loves me and said that everyone was encouraged to contact someone who's support they appreciate. Just wanted to share it with you as it made me feel so loved for him to tell me that. I can see the good you are doing for the community's mental health, especially the youth and just wanted to say thank you thank you you're creating real change and it's so nice to watch it happening"

PARTICIPANT SIBLING

"The Speak & Share team's impactful message goes beyond authenticity; it actively promotes the embrace of individual voices, fostering the courage to share authentically with peers and friends. This approach dismantles the barriers of posturing and pretending, fulfilling the craving that young people have for genuine connections. This dynamic team plays a vital role in bridging a crucial gap in our world. If you haven't had the chance to experience their message, you're undeniably missing out on something truly exceptional."

DIRECTOR OF WELLBEING, PADUA COLLEGE



Some of the many schools we presented to across 2023

PEOPLE BEFORE EMPLOYEES

Similarly to our School and Sporting Club Program, we have experienced tremendous success with our Workplace Program, presenting to over 250 employees. In an environment where Mental Health is typically not acknowledged, it has been highly rewarding to provide employees with the opportunity to put work aside and connect as people, ultimately fostering healthier and happier work environments.

For people suffering mental health conditions, the work environment plays an important part in their recovery and inclusion. Without effective support, mental disorders and other mental health conditions can affect a person's confidence, productivity and impact at work.

Effective workplace programs such as the Speak & Share 'People Before Employees' are more likely to increase awareness and understanding that can minimise workplace tension and conflicts and improve staff retention.

Here is what people are saying:

"I want to extend heartfelt gratitude to the incredible team at Speak and Share, for the transformative workplace program, "People Before Employees," which they delivered to us at The Sports Injury Clinic earlier this year. The impact of this program was nothing short of powerful, leaving an indelible mark on our team.

Through insightful sessions and engaging activities, the program facilitated a profound shift in our understanding of our colleagues. It emphasised the importance of recognising the human behind the job title, fostering empathy, and strengthening our unity as a team.

We now have a deeper appreciation for each other's unique perspectives, experiences, and contributions. This program has not only enhanced our workplace dynamics but also brought a renewed sense of camaraderie and collaboration.

Thank you, Speak & Share, for helping us further implement a more compassionate and connected work environment. We're truly grateful for your invaluable work."

THE SPORTS INJURY CLINIC
CEO



Some of the many workplaces we presented to across 2023

PEOPLE BEFORE PLAYERS

Our foundation Speak & Share Sporting Club Program continues to be embraced by our sporting community and has achieved resounding success in its second year, leaving an indelible mark on more than 750 players who have participated in the transformative 'People Before Players' program.

The program's impact has been remarkable, as clubs have demonstrated an incredible level of engagement and commitment. This buy-in has led to a profound shift in the sporting community's approach to mental health, fostering a culture where open discussions are valued and encouraged, both on and off the field.

As the program continues to touch lives, it is evident that sporting clubs are embracing their role as platforms for positive change, where mental health is no longer a taboo subject.

Here is what people are saying:

"Speak & Share's group presentation to our playing group was an outstanding success. The presentation was conducted in a way that connected well with our playing group, through the sharing of their own stories and normalising the discussion around mental health. As a football club, we couldn't recommend Speak & Share high enough to help normalise the discussion around mental health throughout our community."

VFL FOOTBALL MANAGER
WERRIBEE FOOTBALL CLUB

"Being there and listening to you guys gave me the courage to book an appointment with my GP for a mental health check. It gave me perspective to go ahead and know that I'm not ok. So, thank you."

PROGRAM PARTICIPANT

"Having the Speak & Share boys come down and talk to the group was one of the better things the cricket club has been involved in. The boys found it comforting to know they had a room full of people who were willing to listen to their stories and support them with anything they needed."

PROGRAM PARTICIPANT



Some of the many sporting clubs we presented to across 2023

SPEAK & SHARE WENT INTERNATIONAL NORFOLK ISLAND



Speak & Share travelled to Norfolk Island in 2023 to deliver our message to the school, sporting clubs and community groups on the island. Over 200 people attended our workshops, and we were truly amazed with the level of vulnerability shown and willingness from everyone to start the conversation.

We experienced such wonderful hospitality during our time on the island and are looking forward to returning to work alongside the Norfolk Island Youth Mental Health Awareness team and continuing to break down the stigma that surrounds mental health.

“Thanks for coming to Norfolk guys! The whole community benefited so much from you all! Especially our netball team, probably the first time everyone talked openly with no one talking over the top of each other or being condescending. Thankyou so much for coming over!”

PROGRAM PARTICIPANT



HOODIE DROPS

Very much our signature piece of merchandise, our 'Hoodie Drop' campaigns are dedicated to inspirational groups and individuals who are willing to show vulnerability and share their mental health journey so others may draw strength.

During 2023 we heard from 4 exceptional individuals and sold over **3,000** hoodies which are now being worn in every corner of Australia. With their eye-catching designs, each of these Hoodies being worn by our Speak & Share family are starting their own conversations, ensuring that the positive messaging around mental health continues unabated for years to come.



CREATING CHANGE TOGETHER

Our 'Creating Change Together' hoodie drop served as a heartfelt dedication to the new generation that is coming through and their willingness to be vulnerable and help break the mental health stigma.

Throughout the campaign, we celebrated the willingness of our youth to start the conversations and work collaboratively to break down the barriers surrounding mental health. This initiative not only encouraged change but also embodied the spirit of unity and progress, as our youth's voices started to unite and create a more understanding and compassionate future.



CREATIVITY FLOWS RIGHT THROUGH

The 'Creativity Flows Right Through' hoodie drop saw Jesse Toniolo share his touching and inspirational story. Jesse took us into his world of dealing with profound experience navigating his father's Alzheimer's diagnosis and the therapeutic power of creativity as a means of self-expression and healing.

The hoodie drop celebrated Jesse's resilience and his belief in the potency of creativity and resulted in the launch of an online Speak & Share movement encouraging our Speak & Share family to unleash their artistic spirits and share their unique voices. The entries that were received were simply amazing and reinforced that our mental health messaging is making an impact.

Speak & Share proudly contributed **\$3,000** to Alzheimer's Australia, reinforcing our commitment to making a positive impact on other vital causes.



WINTER BLUES

The 'Winter Blues' hoodie drop aimed to reinvigorate the important connections we all require to support our mental health during the colder months. Dedicated to combating isolation and encouraging community engagement, this campaign urged individuals to brave the chill, connect in person, and break free from winter's grip. Launched at our inaugural and highly successful pop-up shop, the hoodie symbolised both warmth and togetherness.

Made possible from the generous donation from our Speak & Share family, we donated over **1,000** tins of non-perishable food items to the Salvation Army, exemplifying our dedication to making a tangible difference in the lives of others.



WITHOUT DARKNESS THERE IS NO LIGHT

The 'Without Darkness There is No Light' hoodie drop saw professional netballer Kelsey Browne share her inspiring mental health story. Kelsey drew upon her life lessons to share with our Speak & Share community, that despite the challenges we endure, there will always be a light at the end of the tunnel.

Kelsey's story reflected on the importance of physical activity for your mental health, as opposed to your physical appearance. As an Australian Netball representative and current professional netballer, Kelsey inspired both the youth and fans across Australia to find strength and comfort when faced with adversity.

Speak & Share proudly contributed **\$1,500** to the Butterfly Foundation, reinforcing our commitment to making a positive impact on other vital causes.



LOVE FOR BELLA HOODIE

The 'Love for Bella' day hoodie saw the Mount Eliza Junior Football Club come together to honour and remember their incredible friend and team member, Bella Allan, her incredible strength, courage and that cheeky smile.

Sadly Bella passed away in 2023 after a 7 year battle with Leukemia. Playing football during this challenging time was so important for Bella, often her only opportunity to feel like a normal 13 year old. We were so proud to honour Bella and highlight the importance of community sporting clubs, and the support they provide all, especially our youth.

Importantly this hoodie drop enabled us to donate **\$10,000** to 'Challenge', a not-for-profit organisation who supports children and families living with cancer, 365 days a year.



OUR 2023 EVENTS

Our events focus on bringing together our incredible community to encourage greater conversations around mental health and to provide a highly supportive environment for those who may need it most.

MOVEMENT CLUB

Held every Saturday morning through October and November, our Speak & Share Movement Club creates a casual setting where people are able to gather together for half an hour of movement and an informal chat. With a focus on promoting the importance of movement for our physical, social and mental wellbeing, our Movement Club reassures those attending that 'every step is easier together.'

This year we saw our numbers continue to grow with up to 100 participants heading to the park each week.



Fun Run '23

Entering only its second year, what a huge success the 2023 Speak and Share Fun Run was. Completed on the picturesque Rosebud foreshore on the Mornington Peninsula, the event attracted over **1,200** participants who ran/walked/jogged over the three distances. This was more than triple the number that attended our inaugural event in 2022.

Participants from far and wide of all ages representing family, friends, sporting clubs, schools, employers and community members came along to support and spread the message 'every step is easier together.'

Thank you to all the local businesses and volunteers who came together to provide their services and time ensuring that all participants were safe and able to have lots of fun and excitement.

We're looking forward to an even bigger event in 2024.

"Heartiest congratulations on orchestrating such a fantastic event! While I was busy overseeing a recall day at the club, witnessing the multitude of people joyfully traversing the trail filled me with immense delight. Your event undeniably succeeded in fostering a sense of unity within our local community, and for that, we extend our heartfelt gratitude to you."

PRESIDENT, ROSEBUD & MCCRAE LIFESAVING CLUB

"I came last in the Half Marathon (excuse, I am 84 yrs old), and I would like to thank your lovely volunteers Dakota and Emily who walked with me for the last half hour or so. Fingers crossed for Lotto next Tuesday because you and they will benefit!"

RUNNER



FINANCIAL SUMMARY

For Speak & Share to continue to spread the important message of mental health and break down the stigma society has created, it is essential that we are able to do so with financial confidence and sustainability.

With the continuing support of our Speak & Share community, sponsors and supporters, Speak & Share were able to grow it's income in our 2nd year enabling us to make a number of important changes for continuing success.

During 2023 we were able to move into our own premises and truly start to put down our community roots. We welcomed new team members and facilitators to expand our programs to new locations. Our range of Speak & Share merchandise continues to expand and we are rolling out new community events to continue to encourage community connection.

We are proud that we have been able to build our charity off the back of self generated income without the need to be reliant on Government funding and are continuing to diversify our income sources.

22/23 INCOME SOURCES:

2% GRANTS

5% SPONSORSHIP

9% PROGRAMS

39%
DONATIONS

45%
MERCHANDISE

SPEAK & SHARE PARTNERSHIP PACKAGES 2024

We would love to include other partners into our Speak & Share family to enable us to continue to positively impact those in our community most in need and who are suffering in silence when support is all round.

If you are able to assist, please reach out to us to discuss a customised partnership package or feel free to select from one of our existing partnership packages shown below.

PLATINUM \$10,000

Acknowledgement of contribution on the Speak & Share website with click through to your organisations website.

Banner ad in our monthly EDM to over 2,000 (and growing) engaged recipients, with click through to your organisations website.

Creation of impact posters for display in your business/store promoting the partnership and your support is assisting bettering community mental health.

LinkedIn post on Speak & Share page promoting the partnership that can be shared by all your organisations employees to their own connections, thereby reaching literally thousands of people.

Use of the Speak & Share logo/likeness on your own social channels promoting the partnership and the positive impact.

Your organisation will be recognised within our Impact Report during the year

Receive a Speak & Share mental health introduction flyer for distribution to your existing and new staff/members to highlight the importance of mental health.

We will deliver a complimentary Speak & Share session for your organisations staff or to a nominated school or sporting club of your choice.

You will receive 10 free entries to the 2024 Speak & Share Fun Run.

GOLD \$5,000

Acknowledgement of contribution on the Speak & Share website with click through to your organisations website.

Banner ad in our monthly EDM to over 2,000 (and growing) engaged recipients, with click through to your organisations website.

Creation of impact posters for display in your business/store promoting the partnership and your support is assisting bettering community mental health.

LinkedIn post on Speak & Share page promoting the partnership that can be shared by all your organisations employees to their own connections, thereby reaching literally thousands of people.

Use of the Speak & Share logo/likeness on your own social channels promoting the partnership and the positive impact.

Your organisation will be recognised within our Impact Report during the year

Receive a Speak & Share mental health introduction flyer for distribution to your existing and new staff/members to highlight the importance of mental health

You will receive 5 free entries to the 2024 Speak & Share Fun Run.

SILVER \$2,500

Acknowledgement of contribution on the Speak & Share website with click through to your organisations website.

Banner ad in our monthly EDM to over 2,000 (and growing) engaged recipients, with click through to your organisations website.

Use of the Speak & Share logo/likeness on your own social channels promoting the partnership and the positive impact.

Your organisation will be recognised within our Impact Report during the year

Receive a Speak & Share mental health introduction flyer for distribution to your existing and new staff/members to highlight the importance of mental health.

HOW YOU CAN SUPPORT

With the continuing support of our community, we can successfully keep spreading the message and making an impact and are always on the lookout for support.

Whether it be sponsors, donors, volunteers, facilitators or in kind services, we would welcome any contribution that you or organisations that you may be involved with can provide.

Simply reach out to us on info@speakandshare.com

OUR SUPPORTERS

It goes without saying that we could not be delivering the Speak & Share programs without the incredible support of our wonderful sponsors.

PLATINUM SPONSOR

THE SPORTS INJURY CLINIC

GOLD SPONSOR

FULTON HOGAN

SILVER SPONSOR

OBRIEN REAL ESTATE

JACOB WILLIAMS BUYERS CHOICE MORTGAGE

JNR CARPENTRY

IN KIND SPONSOR

SET INSURANCE

FUSE ADVISORY

BCV FINANCIAL SOLUTIONS

BURSTY

THANKYOU TO ALL OF OUR SPONSORS



Community Bank
Mt Eliza



SPEAK & SHARE

2024

We are confident that 2024 is going to be even bigger and better than 2023 and we are excited by the impact that we can continue to make.

The request for our Speak & Share programs from sporting clubs, schools and workplaces outside of the Mornington Peninsula continues to grow. During 2024 we will be expanding our programs to new locations including across the South Eastern and Metropolitan Melbourne regions and also into a number of new regional locations.

Speak & Share will also be endeavouring to take our programs and spread our message interstate in 2024. We hope to visit WA and deliver our School and Sporting Programs to the remote communities in and around the Kimberley. If you are interested in us coming to your area, don't hesitate to reach out, we would love to come and present.

We will continue to build upon our already successful School, Sporting Club and Workplace and plan to expand this further by introducing the 'Tradie Program' in 2024 with the support of one of our major sponsors, Fulton Hogan. Speak & Share are continually approached and provided with feedback that this is an area lacking in mental health support that is relatable to people in the trade workforce.

With our continued expansion comes the need for us to welcome some new faces. In 2024 we will launch our new facilitator training program to identify and bring on board more facilitators to ensure the delivery of workshops whenever and wherever they are required. You will also be hearing a lot more about our Speak & Share Ambassador Program.

We look forward to making new connections in the new year and continuing to promote our message 'a problem shared is a problem halved', encouraging those difficult conversations and positively impacting the way mental health is perceived in our community.

