



GET INVOLVED

We are so excited (and grateful) you want to fundraise for **SPEAK UP! Stay ChatTY**. Here are some ways you can get involved:

JUST ME

- Put a Stay ChatTY sticker on your car
- Check in on a friend if you see the Stay ChatTY sticker
- Like us on Facebook & Instagram
- Check out our website www.staychatty.com.au
- Make a donation through MyCause www.myc ause.com.au
- Purchase Stay ChatTY merchandise from our website www.staychatty.com.au
- Read Mitch's book – *Behind the Smile* www.mitchmcperson.com.au

MY WORKPLACE & COMMUNITY

- Put Stay ChatTY stickers on all work vehicles
- Make your desk/office a chat-friendly zone
- Build your mental health skills:
 - ASIST Training
 - Mental Health First Aid
- **Part of a workplace or community group?** Request a Stay ChatTY Presentation – staychatty@reltas.com.au
- **Part of sporting club?** Request a Sports Program presentation – staychatty@reltas.com.au

CREATE A FUNDRAISER

Want to create your own fundraiser?

Get in touch with our Community Engagement Officer at staychatty@reltas.com.au to discuss your idea.

- Walk/run a distance of your choice
- Hold a garage sale
- Host a morning tea or BBQ
- Ask for donations in exchange for birthday and Christmas presents
- Host a sporting round within your club
- Organise a casual or themed clothes day
- Host a golf day or quiz night
- Participate in mental health awareness events

PROMOTE THE MESSAGE

SPEAK UP: when you aren't feeling ok or you notice someone else is struggling.

STOP THE STIGMA: help us normalise the conversation by opening up the dialogue when it comes to mental health.

GET HELP: find out what resources are out there and access professional help when you need it.

BE KIND: we get multiple chances each day to act with kindness – take those chances to make a positive impact in your community.

LISTEN: listen actively and without judgement to people who are struggling.



Relationships Australia
TASMANIA

Email: staychatty@reltas.com.au
www.staychatty.com.au

Find us on:

