



Annual Report 2022–2023



Acknowledgement of Country

We acknowledge the traditional custodians of the lands on which we work, live and care; and we pay our respects to the Elders past, present and future. We recognise and respect their cultural heritage, beliefs and continual relationship with the land and we recognise the importance of the young people, who are our future leaders. We acknowledge lived-experience with mental-ill health; may it inform us and guide us, for better outcomes and healing for our communities and loved ones.

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Our Mission

HelpingMinds aims to **improve** our community's **mental health** and **wellbeing**.

Our Values

Our organisational values are the building blocks of the safe workplace we create together.

Our values are **hope, respect, trust, collaboration** and **integrity**.

Hope

We empower **hope** in clients and colleagues by being optimistic and positive about the future; by providing opportunities; by acknowledging people's journey; and by seeking solutions.

Respect

We show **respect** by communicating thoughtfully and considerately; by demonstrating empathy; by embracing diversity; and by encouraging, not judging, others.

Trust

We build **trust** by helping people feel safe to speak up; by being authentic and genuine; by being consistent and reliable; and by being transparent with our communications.

Collaboration

We promote **collaboration** and work together as one team by participating and sharing; by being inclusive; by building relationships; and by valuing differences.

Integrity

We demonstrate **integrity** and do what's right by being ethical; by delivering our commitments; by being honest; by taking ownership and being accountable.

A message from our Board Chair and CEO

As we reflect on the journey of the past fiscal year, we are both humbled and inspired by the unwavering commitment of our HelpingMinds team to delivering our mission and living our values. Our dedication to improving our community's mental health and well-being has never been more evident, even in the face of challenges that tested our resilience.

Our mission, the cornerstone of our endeavours, propels us forward. HelpingMinds strives to enhance the mental health and well-being of our community. This mission drives every decision, every program, and every interaction we engage in.

At the heart of our approach are our values - hope, respect, trust, collaboration, and integrity. These values are not just words; they form the bedrock of the safe and inclusive environment we create together. We empower hope, show respect, build trust, promote collaboration, and act with unwavering integrity in every aspect of our work.

This year, we are pleased to share our accomplishments across various areas of service. In our Child, Youth and Family Services, we have worked diligently to re-establish in-person programs, bringing much-needed support to our clients. The establishment of our Carer Reference Group and the Solutions over Supper feedback sessions has enriched our service delivery. Our Diversity Award win is a testament to the impact of our Strong and Resilient Community Program in the Kimberley.

The Family and Carer Support initiatives have continued to flourish, providing essential respite

through Carer Retreats and promoting mental health awareness through various workshops and events. The Carer Gateway partnership with Carers WA, and the Telethon funded Stepping Stones Program in Broome, have further extended our reach.

Our efforts in the Commonwealth Psychosocial Support Program have continued to provide much needed supports to individuals that are ineligible for NDIS packages. Our NDIS services have undergone strategic changes to ensure sustainability and effectiveness. The consolidation of NDIS services in Perth Metro, despite challenges, has enabled us to focus on continuing to enhance the quality of support we provide to our participants.

The successes of WARCA over the last twelve months have been amazing. It is wonderful to see the impact that education and the change in viewpoint to that of student rather than client, can have on individuals. We have a passionate team that work with multiple alliance partners to ensure that the Recovery College programs have continued to expand as we exited the COVID restrictions. Our Shared Services review highlighted the commitment to innovation and continuous improvement that we have at HelpingMinds. Our workforce's dedication and the introduction of recognition mechanisms have contributed to a positive workplace environment.

We are thrilled to share the remarkable journey of "PIECES," the feature film commissioned by

HelpingMinds that has captured hearts, sparked conversations, and garnered well-deserved recognition on multiple fronts. This cinematic endeavour was born out of a shared vision to shed light on the complexities of mental health journeys and the power of resilience.

"PIECES" is more than just a film; it is a testament to the human spirit's ability to endure, heal, and rise above challenges. It tells the poignant story of individuals navigating the labyrinth of mental health, while also highlighting the vital role of support systems, compassion, and self-discovery.

The impact of "PIECES" has been immense, resonating with audiences far and wide. We are thrilled to announce that the film's powerful narrative has earned it nominations for the prestigious AACTA Awards. This recognition is a testament to the exceptional storytelling, compelling performances, and the film's ability to foster meaningful dialogue around mental health and well-being.

Furthermore, we are humbled and elated to share that "PIECES" has triumphed on a local scale, securing two awards at the WA Cultural Screen Awards. These accolades not only acknowledge the film's artistic brilliance but also reinforce

its significance in advocating for mental health awareness and understanding.

At HelpingMinds, our commitment to promoting mental health and well-being through creative expression remains unwavering. "PIECES" stands as a testament to the power of collaboration, storytelling and the arts, in fostering empathy, breaking down barriers, and inspiring positive change.

As we celebrate the nominations and awards earned by "PIECES," we extend our heartfelt gratitude to the entire cast, crew, and everyone who contributed to bringing this project to life. Together, we continue to shape a world where mental health is recognised, supported, and celebrated.

As we move forward, guided by our mission and values, we are committed to the ongoing journey of creating a community where well-being, self-care and full citizenship are prioritised, stigma is reduced, and well-being flourishes. Thank you to our funding partners, our team, and to you for your unwavering support, which enables us to transform lives and make a lasting impact.



Best Wishes

Franco Guazzelli, Chair of the Board

Deborah Childs, Chief Executive Officer

Child, Youth and Family Services

Overview

We have worked hard in the last 12 months to re-establish our service delivery programs in-person. While we still offer telehealth supports, clients have overwhelmingly expressed their appreciation for being able to attend appointments in our offices.

We continue to strive to ensure our services meet the needs of our clients, and thank our Carer Reference Group members, and those who participated in our Solutions over Supper feedback sessions to provide much needed feedback on our strengths and areas for improvement. We established our Carer Reference Group in January 2023, and have been meeting regularly to review our Marketing, Client Journey and Service Delivery programs. We facilitated nine Solutions over Supper workshops across Western Australia in HelpingMinds service delivery areas, and plan to have a widespread of programs in the next financial year. We are very appreciative of our members' time, commitment and shared experiences.

We were delighted our team won the Diversity Award at the WA Mental Health Awards (2022), for our Strong and Resilient Community Program, funded by the Australian Government Department of Social Services. This program, delivered in Broome and Fitzroy Crossing, offered community activities to build strong, harmonious communities, and ensure that individuals and families have the

opportunity to thrive, be free from intolerance and discrimination, and have the capacity to respond to emerging needs and challenges. Thank you to WAAMH and all involved in the judging process for this acknowledgment.



"I was a bit nervous, but then made friends with people who had similar stories to me"

Client, Young Carer who attended our Young Carer Retreat Camp.

Family and Carer Support

Our Carer Retreats have continued to be popular allowing our carers the opportunity to take a break away from their caring responsibilities and focus on their own self-care and wellbeing. In addition to our overnight Carer Retreats, we introduced a 1-day Carer Retreat to cater to those who may not have the flexibility to stay overnight. Carer feedback expressed gratitude for the opportunity to be part of a safe nurturing program that allows carers the opportunity to share peer experiences and knowledge.

This year we were excited to offer a Young Carer Retreat Camp. Hosted by the Swan Valley Adventure Camp, our young carers enjoyed two days of fun, engaging adventure activities, designed to build resilience, improve emotion regulation and foster new connections.



Carer Respite

Massage therapy was delivered across five locations within Perth Metro, with evening appointments added due to carer feedback.

We also offered day excursions to Rottnest Island and Perth Zoo, allowing carers the opportunity to recharge and relax.

"It was lovely to be able to disconnect for a day, I felt that I was looked after, rather than me being the carer, which was a nice change".

Carer, participated in Perth Zoo Excursion

Child, Youth and Family Services

Statewide Carer Advocacy

The mental health system is complex in WA, and this year we introduced 'Carer Rights' information sessions to assist carers understand their rights, enabling them to have their voices heard when decisions are being made about the person they care for.

With the resources we had available, we supported 176 clients, and look forward to continuing to work with the Metal Health Commission on the Independent Review of Mental Health Individual Advocacy landscape across Western Australia.



YoungMinds Family Mental Health Support Service

Delivered across Swan, Kimberley, Gascoyne and the Midwest, our YoungMinds program creates opportunities for young people to put strategies in place prior to becoming overwhelmed; equipping them with tools, interventions, and strategies to better manage their own emotional wellbeing and safety. Using a combination of 1-1 counselling and mentoring, as well as workshops targeted at building resilience, emotion regulation, protective behaviours and healthy relationships, our program is flexible and can be delivered in the school and community setting.

During this period we support 251 young people and delivered 40 workshops, improving the mental health and wellbeing of children and young people.

"We have been struggling for the last 3 years. This is the first time we have had counselling other than that provided by our son's mental health team in an unofficial capacity."

We're both so grateful & feel the benefits from being able to share our greatest fears & our insecurities as parents in this unknown journey.

We feel empowered & hopeful as we continue to support our son equipped with greater understanding of ourselves & our son's mental health challenges."

ChangingMinds - Health Promotions

Our Health Promotion Team has been busy raising awareness for mental health, wellbeing and continuing conversations to reduce stigma associated with living with mental illness.

We currently offer 16 Service Delivery workshops covering a range of different mental health and wellbeing topics, with 'Let's Talk Mental Health' continuing to be popular. We also introduced Accidental Counsellor, with 10 courses already being completed since January 2023.



This year we held 4 'Picnic in the Park' events in Broome, Trigg, Geraldton and Perth as part of Mental Health Week. Our events celebrated the role of carers; giving family, friends and community members the opportunity to participate in yoga, face painting and craft activities to relax, recharge and connect with others in their community. Special thank you to our partner organisations who joined us to provide much needed resources to the community on support services in each local area. These events will be back bigger than ever this year and we look forward to continuing the conversations around self-care and wellbeing.

"The trainer was nice and explained the training really well, allowing all participants to engage"

Participant, Accidental Counsellor

Carer Gateway

In partnership with Carers WA we continue to provide registration and planning in the Kimberley, Southwest and Midwest.

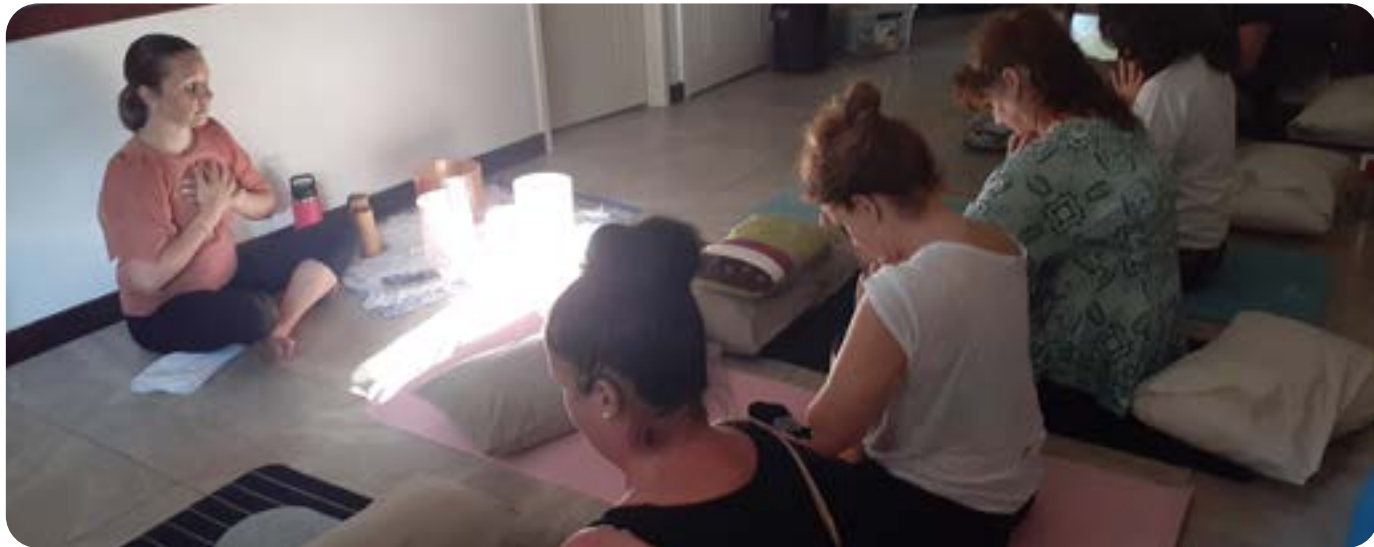
Stepping Stones Program

With support from the Channel 7 Trust, HelpingMinds delivered our SteppingStones Program in Broome, within the Kimberley, Western Australia. Through a variety of activities co-designed with the local community, our program strived to break down stigma around mental health by providing psychoeducation to Aboriginal young people with strategies to look after their body, mind and make healthy choices.





"Everyone has been so lovely and wonderful to me. It makes such a difference having someone really listen to you and validate what you are going through."



"I 100% felt safe and supported by my worker, I felt confident to fully speak my truth. HelpingMinds offered me outcomes without telling me what to, she let me ponder on her advice and come to my own conclusions. After concluding my last session, I truly felt with her help that I was leaving stronger and with more confidence to better manage my life circumstances."



Continued dual focus of development and delivery at the Recovery College

Established in 2020, the WA Recovery College Alliance (WARCA) is an innovative mental health approach that provides recovery, learning, and community supports through education for people experiencing mental distress and life challenges. It is also open to their families, carers, service providers, interested community members, and is accessible and free to all.

The College takes a human rights approach and is committed to creating inclusive environments that enable individuals to learn, grow and thrive as full citizens of society. WARCA harnesses the collective co-produced expertise of lived experienced educators to deliver courses and provide opportunities to amass the recovery capital needed to (re)build quality lives.

Through considerable and concerted efforts over the last year, we have seen an increase in the number and diversity of courses offered. This diversity supports our drive to make courses available to marginalised folks and by building bridges to community through education.

Our marketing strategy has also proved effective as we have seen an increase in student enrolments and community interest.

We have also been working to encourage local leadership through advisory committees.

WARCA's positive outcomes include reducing isolation, promoting change in services, and building social connections; resulting in empowered students who can take an active role in their recovery, their lives and their communities.



Key achievements for the year

Three Educator Foundation Programs run in a variety of locations including Kalgoorlie Rockingham and Leederville, with 51 Educators attending.

Information and Sessions at Residential Facility Munda Mia and Residential Facility Wandoo Rehabilitation Prison.

Over 1313 students attended 164 courses across the state including Joondalup, Leederville, Northbridge, Morley, Rivervale, Rockingham, Bunbury, Northam, pop-up sites and online.

The Recovery College was a finalist in the Outstanding Community Led Collaboration Leading to Better Community Outcomes category at the Community Services Excellence Awards.

Presentations held across several employment networks including MCKRain, Mandurah, Cockburn, Kwinana, Rockingham Access and Inclusion Network, and Fast Track recruitment session Cockburn.

Expansion of engagement strategy through pop-up course locations, residential crisis centres, community gardens and schools.

1,313 students attended a WARCA course in the 22/23 financial year

Individualised Services

Over the past 12 months, the NDIS team has implemented considerable changes to continuously work towards financial sustainability, whilst maintaining the provision of high quality psychosocial support services which HelpingMinds is renowned for.

“Brilliant fun, Ur so radical peeps, Ur kind people, Ur perfect”

We executed a plan to consolidate our services regionally to place a greater emphasis on developing the NDIS service model in the Perth metropolitan context to further enhance our systems and improve efficiencies for a more sustainable future for the service. This decision was not taken lightly as, although our service reach was smaller in Geraldton, Broome and Darwin, it was no less impactful on improving the lives of the participants we supported. Unfortunately,



additional challenges including workforce shortages, growing numbers of independent providers, and the ability to provide the required team support and service governance in these areas, led to the temporary closure of services in Broome and Darwin.



Due to the ongoing need for Support Coordination in Geraldton, we implemented a trial of providing remote service delivery from Perth which, to date, is working well and we have managed to continue supporting the majority of Geraldton participants who were comfortable with this change.

Although the consolidation of NDIS services has resulted in a reduced number of participants being supported throughout the past 12 months, the team provided an outstanding amount of service with over 17,787 hours of support to 230 individual participants. These supports ranged from Core Supports, which provide access to social and community participation opportunities and capacity building with activities of daily living;

Recovery Coaching, which assists participants to design, plan and implement their recovery plan, building on their capacity, resilience and strengths; and Support Coordination, which supports participants with implementing their NDIS plan, accessing appropriate services and building participants' independence to take more control over their lives and support needs. These three distinct service areas are managed independently within HelpingMinds to reduce any potential conflicts of interest, however, being able to deliver all three streams enables us to provide the full wraparound support many participants in the community with psychosocial disabilities require.



As NDIS is a ‘fee for service’ scheme that is governed by the NDIS Pricing Arrangements, Guidelines and Practice Standards, we are restricted with the changes we can make as a service provider to improve the service’s sustainability. Despite this, we are constantly implementing quality improvements and devising new initiatives to continue to tweak and modify the model at HelpingMinds. Ongoing developments with our IT and Database systems have brought improvements, with many more tabled for the future, which will help streamline and integrate our systems for better functionality and greater efficiencies. With improved business intelligence and reduced burden of administrative functions, this will further maximise our income potential.

The Federal Government has instigated an independent review of the NDIS which is currently in progress and which we have actively engaged in. We are hopeful that the review brings some much needed changes to the scheme, that will not only improve the outcomes for participants, but also support the service providers who are critical in supporting participants with their recovery journey and achieving their goals.



Every day our team collect and communicate many participant achievements and good news stories which highlight the wonderful work they are doing with participants. We are always very humbled and delighted about the positive impact the supports are having in people's lives and enjoy celebrating all successes big or small. Equally, we value the feedback we receive from

"[My support worker] always encourages me to make my own decisions.

I like [my support worker] he has helped me a lot"

"I can now visit 4 different places that I feel safe, I have been supported to make my own decisions to find new places to visit and feel confident and safe, we are working on me visiting these places alone"

participants on how we can improve our services and better meet their individual needs and we are always encouraging them to provide honest feedback and that it is safe to do so. To provide another option for participants to communicate their needs with us, we developed a new Participant Feedback Survey which was distributed through email and SMS to all participants, with an active link available via our website. Participants have



the option of responding anonymously or can provide their details for a follow up. We receive the responses in real time which ensures we can respond in a timely manner to their concerns, requests or feedback.

Survey results received have indicated that 100% of respondents were satisfied with the NDIS services they were receiving from HelpingMinds. Issues or areas for improvement raised by participants centred around wanting more support hours and the turnover of support workers, which highlights the sector wide challenge we face around workforce shortages and the transient nature of these roles within the NDIS space.

"My support worker is easy-going, patient and motivating.

We share the same sense of humour"

"Just to say how much I have appreciated your support of Mum over the past years. HelpingMinds has been a very invaluable service supporting mum with her struggles. It has made a great different and catching up with yourself was always something Mum looked forward to"

We are extremely fortunate to have a very committed and professional team who constantly go above and beyond in their roles and, despite the ever-changing landscape of NDIS, continue to provide high quality, person-centred, recovery orientated supports to our very valued participants in the community.



Individualised Services

Commonwealth Psychosocial Support Program

The Commonwealth Psychosocial Support Program (CPSP) is funded through Western Australian Primary Health Alliance, to provide psychosocial support services for adults with severe mental illness and associated psychosocial functional impairments who are not accessing services through the National Disability Insurance Scheme (NDIS) or a state government program. The HelpingMinds program services the geographical area of the Primary Health Network (South) which extends from South Perth to Mandurah.

The program aims to strengthen the capacity of consumers to live independently, safely, and productively in their community, form meaningful connections in a supportive environment, and reduce the need for acute care. It is also intended to provide short term, low intensity support and service navigation, covering a range of non-clinical supports such as –

- social skills, friendships and family connections
- day-to-day living skills
- financial management and budgeting
- finding and maintaining a home
- vocational skills and goals
- maintaining physical wellbeing, including exercise
- managing substance use issues
- building broader life skills, including confidence and resilience; and
- building capacity to live independently in the community.

Throughout the 12 month period, demand for the program has consistently exceeded the allocated resources available, with lengthy waitlists of 30+ clients due to limited alternative services being available in the community.

We frequently found clients in a catch 22 situation, where their needs exceeded the short term intervention that the program is designed for, yet they were also found ineligible for NDIS. Many clients are dealing with complex issues related to hoarding, housing/accommodation issues, complex relationships, financial, legal or justice issues to name only a few, not to mention the episodic nature of severe mental illness. In many cases, these issues are difficult to resolve in a short term timeframe.

A small group of clients were assisted with applying for NDIS with only limited success due

to not meeting the NDIS eligibility criteria. Commonly this is due to insufficient evidence of their disability or previous tried and tested treatments or therapies. Assessments for clinical diagnosis or treatment costs are often out of reach for most individuals, and therefore they are unable to pursue NDIS access until these are addressed.

The team provided over 2,074 hours of support for 58 clients over the 12 month period and collaborated with over 60 community services to assist clients with connecting to appropriate services to meet their needs.



“My case worker has been so helpful, understanding, compassionate and a very good listener. My time with her has been very beneficial to my mental health journey”

We are extremely grateful to the Melville Rotary Club who continue to provide their support by way of a financial donation to the clients of the program. The donation has allowed the team to provide a Christmas lunch for all clients, many of whom are extremely isolated and would not be involved in a Christmas celebration; and for much needed emergency relief for essential items such as medication, food, bills, and household equipment.



“[My case worker] was amazing with everything she did to help my children and I. She helped with a lot of things in a lot of different ways and we are so grateful for everything she has done for us”

Strengthening relationships and improving operations

Shared Services Review

This year we focused on optimisation and consolidation of our structures across the organisation. A review was undertaken of the shared services support functions available within the organisation. As part of this review, we considered all support roles and what is needed to progressively drive the strategic direction forward. In early 2023, we made the decision to outsource some business functions to enhance the services and support available to the organisation.

Continuous Improvement

In February 2023, we had our mid-term audit against the National Disability Insurance Scheme. This was a successful audit in which the organisation was recommended for certification with a 100% conformity rate against all actions within the standard.

As an organisation, we are continuously reviewing what we do, and we seek opportunities to improve our team member' and client' experiences. This year, 113 quality improvements were actioned based on feedback we received from our team members, clients and reference groups.

Workforce

Following the implementation of the new Staff Agreement in August 2021, we continued our focus on team member benefits and recognition. As such, a recognition framework was introduced to the organisation, providing informal and formal mechanisms for recognising, and rewarding team members for their positive contributions to the overall organisational success.

The framework raises awareness of the value of recognising the positive and the effect it has on such things as team member engagement, client service, health and wellness, attraction and retention.

Over the last 12 months, we have seen our turnover rate continuing to decline, and feel confident that our focus on workplace recognition and wellbeing will continue to positively impact the workforce in the coming years.



Breaking Boundaries and Shaping Minds: The Journey of “PIECES”

In a world where storytelling has the power to change lives, HelpingMinds embarked on a groundbreaking endeavour that transcended the realms of cinema to make a profound impact on mental health awareness. The creation of “PIECES,” a feature film directed by Martin Wilson and produced by Third Storey Pictures, marked a significant chapter in our ongoing mission to destigmatize mental health and spotlight the pivotal role of mental health carers.

“PIECES” was not just a film; it is a transformative narrative that speaks to the hearts of many, weaving together the intricate threads of mental health journeys and the unwavering strength of resilience. Our vision was to create a cinematic masterpiece that could bridge the gap between understanding and empathy, bringing into focus the experiences of those affected by mental health challenges.

The film’s purpose was two-fold: to destigmatize mental health conversations and shine a spotlight on the critical contribution of mental health carers. Through the lens of “PIECES”, we aimed to foster conversations that were long overdue, challenging preconceived notions and cultivating compassion.

Our efforts bore fruit when “PIECES” received not one, but two nominations for the prestigious AACTA Awards. This national recognition underscored the film’s impact and reaffirmed its ability to captivate audiences while driving meaningful dialogue.

Closer to home, the film earned two coveted awards at the WA Screen Culture Awards. The

Innovation Award for Narrative Feature Film Under \$1 million acknowledged the groundbreaking nature of “PIECES”, celebrating its unique narrative and cinematic achievements. Additionally, Martin Wilson’s exceptional work as the director and the film’s captivating Production Design, encompassing costume, set design, hair, and makeup, were rightly celebrated.

In a groundbreaking stride towards education, HelpingMinds collaborated with the Australian Teachers of Media to develop curriculum modules inspired by “PIECES”. These modules provide

educators with a valuable resource to engage students in meaningful conversations about mental health, empathy, and understanding. By integrating film into the curriculum, we are sowing seeds of awareness that will shape future generations.

The feedback to “PIECES” has been overwhelmingly positive, resonating deeply with audiences and spurring essential conversations about mental health. As we move forward, we are committed to continuing the film’s journey. “PIECES” will continue to grace screens, reaching

individuals, communities, and educational institutions across the nation in the coming year.

The journey of “PIECES” is a testament to the power of collaboration, creativity, and storytelling in driving social change. We extend our gratitude to everyone involved in this remarkable project, from the talented cast and crew to the dedicated educators who are embracing the film’s educational potential. Together, we are breaking boundaries, shattering stigma, and fostering a brighter, more empathetic world.



Our Impact and Commitment

Family and Carer Support in Perth Metro

1,553 clients
individuals and groups supported

8,261 hours
of support provided

Family Mental Health Support Service in City of Swan, Kimberley, Gascoyne & Midwest

251 clients

40 workshops
delivered to individuals and groups

Youth and Family Support in Broome, Carnarvon, Geraldton and Port Hedland

308 clients
individuals and groups supported

9,918 hours
of support provided

Carer Gateway

193 carers
supported to access Carer Gateway

254 carers
supported through 24 Peer to Peer Support Groups



Government of Western Australia
Mental Health Commission



Australian Government
Department of Social Services



Carer Respite
in Perth Metro

308 hours
of service provided

135 carers
benefited from the service

Stepping Stones
in the Kimberley

45 workshops

189 attendees
Young Aboriginal People

Statewide Carer Advocacy
in Metro & Regional WA

176 clients

1,275 hours of support

**Health Promotions:
Mental Health Education**
in Perth Metro

217 unique locations

in Perth Metro where Health
Promotions team presented

548 program sessions
delivered by the Health Promotions team

1,718 program hours
by the Health Promotions team



Government of Western Australia
Mental Health Commission



Australian Government
Department of Social Services



National Disability Insurance Scheme (NDIS)

230 participants
supported

17,787 hours
of NDIS support provided

15,902 occasions
of service

48,672 kilometres
of transport support supplied

Commonwealth Psychosocial Support Measure (CPSM)

58 individual clients
supported

2074 hours
support provided

ndia National Disability Insurance Agency

ndis

WA Primary Health Alliance
Better health, together

phn
PERTH NORTH, PERTH SOUTH
COUNTRY WA
An Australian Government initiative

WA Recovery College Alliance



Student Courses & Informations Sessions

1313 students

attended a WARCA course during the 22/23 financial year

164 courses

facilitated across Joondalup, Leederville, Northbridge, Morley, Rivervale, Rockingham, Bunbury, Northam, pop-up sites and online

7 info & input sessions

conducted in Northam, Joondalup, Rivervale, Kalgoorlie, Bunbury, Hampton House and Wandoo Prison

Educator Foundation Programs

51 educators

attended an Educator Foundation Program

3 programs

facilitated across Kalgoorlie, Rockingham and Leederville



Government of Western Australia
Mental Health Commission

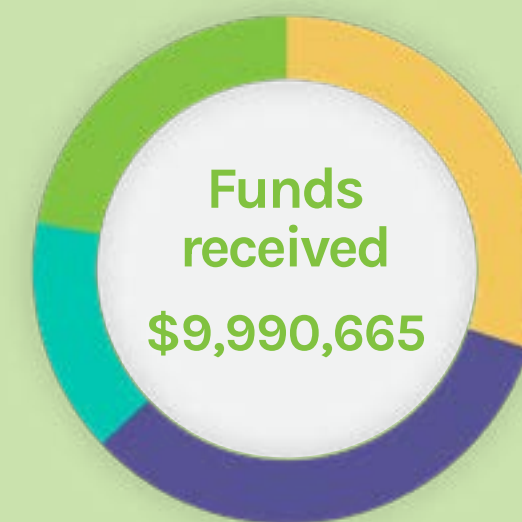
Impact Snapshot

HR Snapshot

1 July 2023

73	total team members
4	Students
2004	hours of staff training
9	team members celebrating their 3-year anniversary
6	team members celebrating their 5-year anniversary
4	team members celebrating their 10-year anniversary

Financial Snapshot



- State Government Grants
- Commonwealth Government Grants
- Fee for service and NDIS
- Other income and donations



- Staffing
- Operational & Administration
- Transport
- Other inc. depreciation

The audited Financial Report is available at helpingminds.org.au or from ACNC or ASIC.

Social Media and Digital Engagement

Besides promoting services, HelpingMinds uses social media posts and campaigns to educate about common mental health challenges, to provide helpful information and practical tips, and to support conversations about mental health to help break stigma. This year, we transitioned our workshop bookings to the Eventbrite booking platform, which has resulted in workshops being exposed to a wider audience. A fortnightly update named “What’s On” is keeping subscribers up-to-date on all of the new activities available at HelpingMinds.

Facebook

500% increase
in engagement rate

Eventbrite

725 followers
since establishing in Sept. '22

296 workshops
listed since Sept. '22

13%

growth in LinkedIn followers

12%

growth in Facebook followers

14%

growth in Instagram followers

17%

increase in website users



Thank you

A special thank you to our funders for making our work possible:

- > Department of Social Services
- > Mental Health Commission
- > National Disability Insurance Agency
- > Telethon
- > WA Primary Health Alliance

Thank you to our HelpingMinds' team members, interns, volunteers and Board for their hard work, dedication and commitment to our organisation, and for demonstrating our values of respect, trust, collaboration, hope and integrity.

We thank our clients for their valued feedback, assisting us to make our services relevant and engaging. Without you, we wouldn't be able to do what we do, each and every day.

Thank you to all our community stakeholders for their time and collaboration.

Thank you to our sponsors, donors and supporters who have organised fundraising events on our behalf.



Get in touch

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🌐 helpingminds.org.au



Where we are

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Carnarvon
Fremantle
Geraldton
Hillarys
Joondalup

Mandurah
Midland
Perth
South Hedland
South Lake



HelpingMinds Limited

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