About beyondblue

Our aim is to increase community awareness and understanding of depression, anxiety and related disorders in Australia, and reduce the associated stigma. Established in 2000, we are a national, independent, not-for-profit organisation with bipartisan support from the Australian, State and Territory Governments.

We aim to build a society that understands and responds to the personal and social impact of depression, anxiety and related disorders, works actively to prevent these illnesses and improves the quality of life of everyone involved.

beyondblue’s five priorities

1. Increasing community awareness of depression, anxiety and related disorders and addressing associated stigma.

2. Providing people living with depression and anxiety and their carers with information on the illness and effective treatment options and promoting their needs and experiences with policy makers and healthcare service providers.

3. Developing depression prevention and early intervention programs.

4. Improving training and support for GPs and other healthcare professionals on depression and anxiety.

5. Initiating and supporting depression and anxiety related research.

Depression and anxiety – the statistics

- Over one million people in Australia live with depression. Over two million have an anxiety disorder.
- One in six people experience depression at some stage in their lives – one in five women and one in eight men.
- One in four Australians will experience an anxiety disorder in their lifetime.
- Depression and anxiety can be as serious, debilitating and life-threatening as a physical illness – yet less than half of those experiencing depression seek help.
- Each year, undiagnosed depression in the workplace costs $4.3 billion in lost productivity and this excludes Workcover/insurance claims, part-time or casual employees, retrenchment, recruitment and training.

Depression and anxiety disorders are illnesses, not weaknesses, and people shouldn’t feel ashamed to seek help. Just like a physical illness, depression and anxiety disorders are treatable and effective treatments are available.
2. How do Workplace Giving Programs help beyondblue?

Donations received through Workplace Giving Programs are allocated to the beyondblue Depression Research Ancillary Fund Trust (ABN 41 688 712 705) (beyondblue Trust) to help beyondblue undertake or commission high-quality, independent research into depression and related disorders. Such research contributes to improving treatments, knowledge and clinical practice, and informs all of beyondblue’s evidence-based programs, campaigns and activities.

Funds are strategically allocated to research which aims to bridge the gap in knowledge about depression and anxiety.

One hundred per cent of donations to the beyondblue Trust are allocated to research – no administration fees are applied. All research findings are freely available on the beyondblue website – visit www.beyondblue.org.au and click on Research.

3. Setting up your Workplace Giving Program

Workplace Giving is an easy way for companies to reach their corporate social responsibility aims and maintain community involvement. Programs are delivered through the payroll system and allow employees to choose which of their company’s nominated causes they wish to support.

In a report by The Australian Charities Fund, employers who undertake Workplace Giving say the program:

- is an effective way to enable employees to engage with the community and make a difference
- reinforces their positioning as good corporate citizens
- creates a culture of giving
- is low cost and relatively straightforward to administer.

Source: The Giving Business: Creating successful payroll giving programs, Australian Charities Fund

If you need advice or assistance to implement a Workplace Giving Program, there are a number of organisations that can assist you. We recommend the following:

- Australian Charities Fund – www.australiancharitiesfund.org.au
4. Submitting funds

Funds from your Workplace Giving Program can be deposited directly into the beyondblue Depression Research Ancillary Fund Trust using the details below.

<table>
<thead>
<tr>
<th>Name of organisation (for DGR purposes)</th>
<th>beyondblue Depression Research Ancillary Fund Trust</th>
</tr>
</thead>
<tbody>
<tr>
<td>Postal Address</td>
<td>PO Box 6100, Hawthorn West, VIC 3122</td>
</tr>
<tr>
<td>ABN</td>
<td>41 688 712 705</td>
</tr>
<tr>
<td>Bank Name and Branch</td>
<td>National Australia Bank, 330 Collins Street Branch</td>
</tr>
<tr>
<td>BSB Number</td>
<td>083 – 026</td>
</tr>
<tr>
<td>Account Number</td>
<td>52-987-9262</td>
</tr>
<tr>
<td>Email and remittance</td>
<td><a href="mailto:donations@beyondblue.org.au">donations@beyondblue.org.au</a></td>
</tr>
<tr>
<td>Deposit Description</td>
<td>Please use the code: <strong>WGP &lt;COMPANY NAME&gt;</strong> for EFT deposits</td>
</tr>
</tbody>
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5. Workplace Giving – engaging your employees

Engaging your employees in Workplace Giving is an important part of maximising the effectiveness of your program. beyondblue can provide information materials and opportunities to assist with promoting your Workplace Giving Program.

For more information about receiving materials or ideas for other awareness-raising activities please contact beyondblue’s Fundraising Coordinator on (03) 9810 6100.

Getting involved

We invite beyondblue Workplace Giving partners to participate in relevant events and activities throughout the year. Engaging employees in these activities can be as simple as having a ‘wear blue to work day,’ distributing beyondblue information materials or sending an email with tips on looking after your mental health.

We are happy to help with ideas or discuss ways to engage employees in special events.

Annual events include:

- **National Youth Week** – April
- **Men’s Health Week** – June
- **R U OK? Day** – October
- **beyondblue Anxiety and Depression Awareness Month** – October
- **Mental Health Week** – October
- **World Mental Health Day** – October
- **Postnatal Depression Awareness Week** - November
- **Movember** – November
- **Go Home on Time Day** – November

**beyondblue National Workplace Program (NWP)**

Workplace Giving partners can book **beyondblue** National Workplace Program (NWP) workshops and sessions for staff to increase their knowledge about depression and anxiety. The sessions are delivered via a network of over 40 **beyondblue**-accredited facilitators across Australia.

**Resources and communication**

Raising awareness and encouraging conversation about depression, anxiety and related disorders should be a priority in any workplace.

**beyondblue** can provide depression and anxiety-related content for newsletters or company intranets as required.

There is also a range of **beyondblue** information and promotional materials which can be provided free of charge to all employees. Materials include fact sheets, wrist bands, wallet cards, posters, DVDs and more. Orders can be made through the online catalogue at www.beyondblue.org.au or via the **beyondblue** Info line 1300 22 4636.

**Volunteering**

Although **beyondblue** cannot provide regular volunteer placement there are occasional volunteering opportunities during the year for activities and events across Australia, including:
- conferences
- expos
- workshops
- forums
- sporting events.

Volunteering opportunities usually involve assisting at a **beyondblue** information stand or handing out **beyondblue** information materials.

Any employees interested in supporting **beyondblue** in this way are invited to register with us via our website. They will then be contacted if any suitable events arise.

**Other support**
beyondblue is open to considering any partnership opportunities or specific goals that your organisation may be interested in. Please contact beyondblue’s Fundraising Coordinator to discuss your organisation's needs.

6. Using the beyondblue name and logo

A ‘Proudly supporting beyondblue’ logo can be made available to Workplace Giving partners for the duration of their program. Please contact our Fundraising Coordinator to obtain a copy.

We encourage our Workplace Giving partners to promote the beyondblue website (www.beyondblue.org.au) and info line (1300 22 4636) where possible as sources of information about depression, anxiety and related disorders.

We request that any materials (including internal communications) displaying the beyondblue logo are sent to us for approval prior to being printed or distributed.

Please note beyondblue does not align with pharmaceutical, tobacco, gambling and alcohol companies or organisations. We will not approve use of the beyondblue logo when there is an association with organisations of this type.

7. Further information

If you would like further information about Workplace Giving for beyondblue please contact the beyondblue Fundraising Coordinator on (03) 9810 6100 or email bb@beyondblue.org.au

8. Workplace Giving Program application form

Thank you for choosing beyondblue: the national depression initiative for your Workplace Giving Program. We sincerely appreciate your support.

To register your organisation as a beyondblue Workplace Giving partner, please complete this form. For your convenience, this form can be filled out online and emailed to bb@beyondblue.org.au

Alternatively, you can print this form and fax to (03) 9810 6111 or mail to PO Box 6100, Hawthorn West VIC 3122.

COMPANY INFORMATION

<table>
<thead>
<tr>
<th>Organisation</th>
<th>ABN</th>
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<tr>
<th>Mailing Address</th>
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</table>
State: __________________  Postcode: __________________

Web Address: __________________  Phone Number: __________________

Type of Industry/Service
(eg. Telecommunications, financial services, health)

[Optional field for organization type]

Please note: beyondblue has a policy of not aligning with pharmaceutical, tobacco, gambling or alcohol organisations.

Please confirm whether your organisation falls into the above categories:

☐ My organisation is not in the pharmaceutical, tobacco, gambling or alcohol industries

☐ My organisation is in the pharmaceutical, tobacco, gambling or alcohol industries

Number of Employees: __________________

Where are the organisation’s office(s) located? (tick all that apply)

ACT ☐  SA ☐  TAS ☐  QLD ☐  NT ☐  VIC ☐  WA ☐  NSW ☐

CONTACT INFORMATION

Primary Contact Name: __________________  Job Title: __________________

Phone Number: __________________  Fax: __________________  Email: __________________

ABOUT YOUR WORKPLACE GIVING PROGRAM

What is the proposed start date of the program?

__/__/__

What type of Workplace Giving Program will be in place? (tick all that apply)

Payroll Deductions ☐  Matched Giving ☐  Workplace Giving Program ☐
How often will deposits be made?
Weekly ☐  Fortnightly ☐  Monthly ☐  Quarterly ☐  Annually ☐

Are donation receipts required?  Yes ☐  No ☐
If yes, how often?
Monthly ☐  Quarterly ☐  Annually ☐  As required ☐

What is the primary goal for the Workplace Giving Program?
To raise awareness of depression and/or anxiety among employees ☐
To raise money ☐
To meet corporate social responsibility goals ☐
Employee engagement and retention ☐

Why was beyondblue chosen as a beneficiary? (tick all that apply)
A need for increased mental health awareness in the organisation ☐
Chosen by staff ☐
Known brand ☐
National reach ☐
Creates a positive association for the organisation ☐

Would you like to receive more information from beyondblue in the future? (e.g. newsletter, emails)
Yes ☐  No ☐