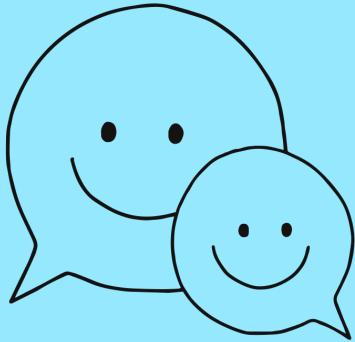


# ENGAGEMENT GUIDE: Mental Health



# ABOUT OUR ENGAGEMENT GUIDE

For May, we are using our Engagement Guide to highlight nonprofits that offer opportunities to raise awareness for mental health.

Mental Health Month was established by U.S. presidential proclamation in 1949 to increase awareness of the importance of mental health and wellness in Americans' lives. Then, in 2015, the United Nations (UN) acknowledged the burden of disease of mental illness and defined mental health as a priority for global development by including mental health among the Sustainable Development Goals (SDGs) for 2030.

"Persons with mental and psychosocial disabilities represent a significant proportion of the world's population. Millions of people worldwide have mental health conditions and an estimated one in four people globally will experience a mental health condition in their lifetime," [according](#) to the UN.

This May, we invite our community to foster mental health and wellbeing in the workplace, for the good of the individual and collective alike.



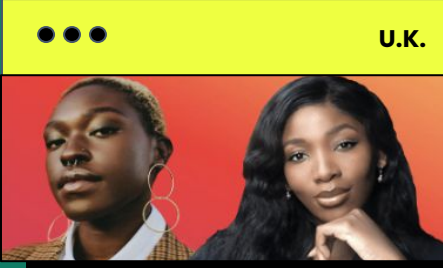
# DONATE: STANDOUT NONPROFITS

Click on each nonprofit's link to learn more and donate on Deed!



## Born this Way Foundation

Born This Way Foundation, co-founded and led by Lady Gaga and her mother, Cynthia Germanotta, supports the mental health of young people and works with them to create a kinder and braver world. Through high-impact programming, youth-led conversations and strategic, cross-sectoral partnerships, the foundation aims to make kindness cool, validate the emotions of young people, and eliminate the stigma surrounding mental health.



## Black Minds Matter U.K.

Black Minds Matter U.K. connects Black individuals and families with free mental health services by professional Black therapists. Its vision is to make mental health topics more relevant and accessible for all Black people in the U.K., removing the stigma and engendering services to be relevant for the Black community.



## Queeres Netzwerk NRW e.V.

Queeres Netzwerks NRW e. V. networks, advises and strengthens offerings in the field of self-help, empowerment, anti-discrimination work, and other fields. Queeres Netzwerks NRW is active in advocacy in the area of sexual and gender diversity.

# DONATE: STANDOUT NONPROFITS



Click on each nonprofit's link to learn more and donate on Deed!



● ● ● **Brazil**

## Movimento Saúde Mental

Movimento de Saúde Mental provides mental health support to the people of the economically impoverished regions of Fortaleza, Brazil. They use the “community systemic approach,” which prioritizes holistic individual development with a focus on fostering quality personal, social, and ecological relationships.

● ● ● **Canada**

## Black Youth Helpline

The Black Youth Helpline works for primary prevention of social, psychological breakdown in communities through a focus on education, health and community development. Created by youth for youth, the helpline provides barrier-free access to appropriate, professional, mainstream mental health assessment and treatment.

● ● ● **India**

## Ritham School

The main objective of the Ritham School is to develop confidence in the minds of mentally and physically challenged children, motivating them to face daily activities with ease. Their mission applies to all people, irrespective of caste, creed, colour, language, sex, or religion. They offer emotional support to not only to the children they serve, but to the families and homes that their students come from.



# IN-PERSON VOLUNTEERING



These opportunities can be customized to your region on Deed.



Queens, NY



## Archiving and Packing Files with Make the Road

[Make the Road NY](#) builds the power of immigrant and working class communities to achieve dignity and justice. They are moving their offices to Jackson Heights and are looking for volunteers to help with documenting their archives in preparation for the move.

**Opportunity:** Digital recording and organizing of files  
**Availability:** 12-49 hours over 1 - 3 months



Seattle, WA



## Tutor and Mentor with School Connect WA

[School Connect WA](#) develops and runs affordable, high-quality afterschool programs for under-resourced communities, that connect the whole city to schools, so every child and family can flourish. They host an intervention-based afterschool program at Dearborn Park Elementary school each week day.

**Opportunity:** Math and English tutoring and mentoring  
**Availability:** Tuesday, April 18, 7:30 A.M. - 12:30 P.M.



Melbourne, Australia



## Asylum Seeker Resource Center

The [Asylum Seeker Resource Center](#) supports and empowers people seeking asylum to maximise their own physical, mental and social well being. They offer a diverse range of volunteer opportunities, from working in their food bank, to utilising your skills as a qualified legal or health professional. With so many options, you're sure to find the perfect role for you.

**Opportunity/Availability:** Each role requires a different set of skills, experience and availability

# VIRTUAL VOLUNTEERING



These opportunities can be customized to your region on Deed.



Virtual

## Take calls and texts with LGBTQIA+ youth in need

The [Trevor Project](#) is the leading national organization providing crisis intervention and suicide prevention services to LGBTQIA+ youth.

Over the past year, volunteers helped them answer over 200,000 calls, chats, and texts. Studies show that acceptance from at least one adult can decrease the risk of LGBTQIA+ youth attempting suicide by 40 percent.

**Opportunity:** Research and workshop-building.

**Availability:** 1-10 hours depending on task.



Virtual, Bay Area

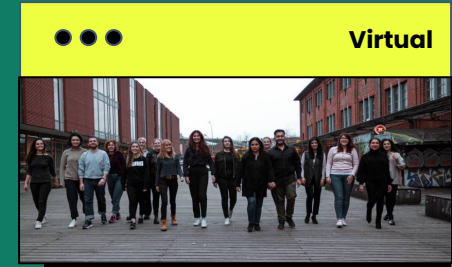
## Help children and young mothers with Mindful Littles (multiple opportunities)

[Mindful Littles](#) is dedicated to alleviating the youth mental health crisis through compassion education programs that bridge mindfulness with direct service learning opportunities for schools and communities.

This May, Mindful Littles is offering several ways for employees to get involved for Mental Health Awareness Month.

### Opportunities:

- [Write notes for students](#)
- [Attend a mindfulness workshop for working parents/caregivers](#)
- [Make New Mom & Baby Care Kits](#) (in-person)
- [Donate to support their work](#)



Virtual

## Expand education access for children in war zones

[Visions for Children](#) improves the learning conditions and educational quality at schools in war and conflict zones.

This May, Visions for Children is looking for volunteers to fill several virtual roles.

**Opportunities:** Texter and translator, online marketer, consultant, administrator.

**Availability:** 1-5 hours over 1-48 months.

**d** Speak with your Partner Success Manager to customize and promote these volunteer opportunities on Deed.



Team-based

Time: 1 hour

## Build a mental health coping kit for teens

Volunteers will work with the [Naval Children's Charity](#) to make a mental health coping kit to offer teens an assortment of tangible items and a list of strategies to discover what works for them. This kit will include stickers, posters with tips for teens, sensory putty, and a list of resources including crisis hotline numbers. The nonprofit will share these with underserved teenagers to help them manage their mental health.



Team-based

Time: 1 hour

## Make positive reinforcement cards for women survivors

Volunteers will work with the [Dollicia E. Holloway Memorial Foundation](#) to create cards that turn negative self-talk phrases that adversely affect the self-esteem of female abuse survivors into positive, empowering expressions. These cards will help women survivors boost their confidence and improve their mental wellbeing.



Team-based

Time: 1 hour

## Record audiobooks to comfort children

Volunteers will work with the [Washburn Center for Children](#) to record engaging storybooks for children. These audiobooks will offer children experiencing mental health challenges a respite from daily challenges and also help them overcome learning and reading difficulties.

# EMPLOYEE ENGAGEMENT



**Made of Millions**, a global mental health advocacy nonprofit, notes that 56 percent of employees say stress and anxiety impact their job performance and that 62 percent of missed workdays can be attributed to a mental condition. Learning about mental health and about how to talk about mental health are integral steps in taking care of yourself and supporting others in the workplace.

## → Schedule an informational screening.

- ◆ Take time for a free mental health screening. Screenings can be completed in privacy and employees can receive immediate feedback about their results, as well as information about community resources that can evaluate and/or treat mental health challenges further.

## → Learn to talk about it.

- ◆ Colleagues can often help you vent or think things through. In addressing your needs and listening to the needs of others, we recommend the [DEAR method](#), as well as therapy collective ShiftCollab's [guide for fostering psychological safety](#).
- ◆ Even if you aren't struggling with mental health, you can be a supportive colleague or manager by taking note of the five signs of emotional suffering. Check out this resource from the mental health nonprofit [Give an Hour](#): "[5 signs to determine if it's time to check in with your colleague or tend to your own mental health issues](#)."
- ◆ According to the *Harvard Business Review*, one silver lining amid living in a post-pandemic world is the de-stigmatization of mental health challenges at work. If you don't know how to talk about it yet, we like the article, "[How to Respond When an Employee Shares a Mental Health Challenge](#)" as a starting point.

## → Equip yourself to lead the conversation.

- ◆ Train in mental health first aid, a skills-based training course that teaches participants about mental health. The National Council for Mental Health First Aid, partnered with mental health nonprofit [Born this Way Foundation](#) is on a mission to make what they call Mental Health First Aid as ubiquitous as CPR.



**d** \*If you need more support than conversation, your supervisor or Human Resources is likely the appropriate contact, since they know your company's available resources. Even if supervisors, HR, and Employee Assistance Programs can not help you directly, they can point you to resources or professionals who can.



# ERG ENGAGEMENT

**Employee resource groups (ERGs) and peer-based groups tend to have higher trust among employees, and make space for folks to freely share their stories.**

- **Invite a mental health professional, or host a panel of experts.**
  - ◆ Consider inviting an expert who can speak to intersectional health challenges relevant to your specific ERG. Or, consider teaming with other ERGs to set up a panel so that all can learn more about issues that may be invisible in your workplace.
- **Meditate.**
  - ◆ Enlist Headspace's "[Headspace for Work](#)," a science-backed meditation and mindfulness app for the workplace. Enterprise-ready, Headspace for Work offers proven mindfulness programs that lead to healthier organizations from the inside out.
- **Move your body.**
  - ◆ Research on depression, anxiety, and exercise shows that the psychological and physical benefits of exercise can help improve mood and reduce anxiety. Encourage your ERG to take a local exercise class together, or set up a moving challenge using a community and corporate tracking app like [MoveSpring](#). (\*One of Deed's partners is planting a tree for every 50,000 steps taken in their move challenge for Earth Month!)
- **Take a forest bath.**
  - ◆ The 1980s [Japanese "shinrin-yoku"](#) was developed to offer an eco-antidote to the tech-boom burnout and to inspire residents to reconnect with (and protect) the country's forests. Proven to benefit physical and mental health, shinrin-yoku helps to lower heart rate and blood pressure, and to reduce stress hormone production. Go for a walk at a local park or nature center, or, screen award winning documentary *Shinrin-Yoku* [here](#).



# TRACK YOUR PROGRESS



**As the month progresses, you'll want to see how your employees are making an impact.**

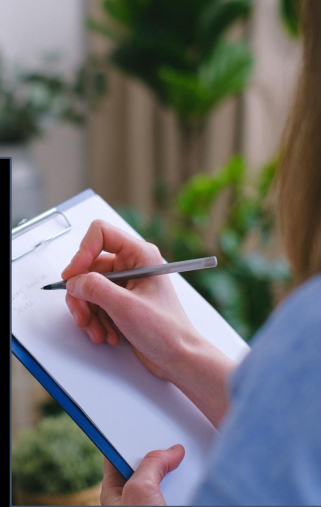
**You can track their progress on an individual level and see a snapshot of the month's total impact on Deed.**

## **Key Metrics:**

- Number of participating employees
- Number of employee donors and total donations
- Total hours volunteered
- Number of ERG events held

**Easily track all of these metrics with Deed and our next-gen reporting features!**

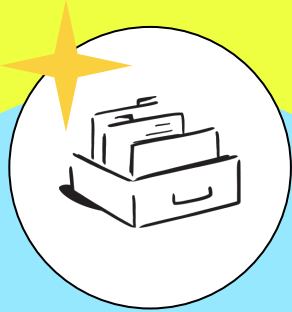
Our survey tool means you never have to choose between quantitative and qualitative data.



# Deed is not just a platform—we're your partner.

Deed's all-in-one, out-of-the-box platform provides all the features you need to run a successful social impact program. Our Partner Success team is here to support you along the way.

## Deed offers:



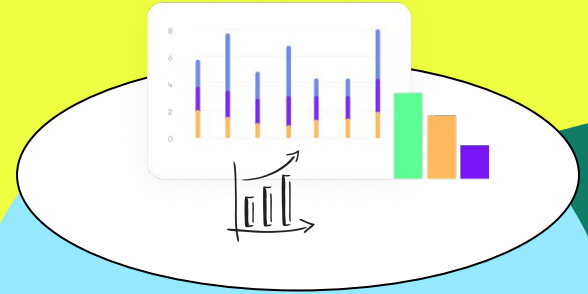
### A Rich Content Library:

Exclusive partnerships and integrations provide unique opportunities.



### Powerful Giving & Matching:

Streamlined processing and expedited disbursement enhance every donation.



### Easy Admin and Reporting:

Cutting-edge tools make program management as exciting as it is effortless.

Your dedicated Partner Success team will optimize your program and share the broader industry insights you need to make a meaningful social impact.





**QUESTIONS?**

**GET IN TOUCH!**

[nonprofits@joindeed.com](mailto:nonprofits@joindeed.com)

