



MIND BLANK PRESENTS
100 STORIES

A MENTAL HEALTH PREVENTION
INITIATIVE #100STORES

Organisation Insights

Mission,

We empower people to build resilience skills and promote mental wellbeing in schools, workplaces and communities.

Vision

We are committed to being recognised as a world leader in the delivery of prevention and early intervention mental health strategies.

Values

Creativity
Commitment
Mindfulness
Integrity
Community

Website

www.mindblank.org.au



Campaign Overview



Our Goal

We want to publish 100 stories as a knowledge exchange to help shift the mood!

Why are we doing it? Due to covid many have been feeling down, trapped, and running on empty. Working with schools during the pandemic has been devastating to see children and young people's mental health being hit hard!

We WANT to send out messages of hope. We will share our skills and knowledge to help support conversations to know what to do in a time of need as we all prepare for resilience through out the year. To get involved follow the prompts on the following page. The most aligned stories will be featured as part of the campaign. If your story is selected to be published online we will tag you with your consent and ask to share it with your network.

WHAT WILL WE DO?

- 1. Raise awareness about mental health*
- 2. Smash stigma*
- 3. Collaborate and celebrate with likeminded fans and followers*

Do You Want To Get Involved?



Our Mission

We are looking for people who can share their stories with our team. Some may come from lived experience, however, you may like to interpret the campaign with a story from someone whom you are currently supporting, or from a perspective of your own mental health journey.

How it works?

Step 1. Register via the link below.

Step 2. An online link we be sent to join us online.

Step 2 We will ask you the following questions:

- Tell us about yourself?
- What is one mental health tactic you can share that can support them in times of adversity that you found helpful in your life?
- What messages of hope do you have for someone who may need to hear it right now?

If you are keen to join the campaign click on the link below to book your time in for a chat. The interview will only take a 5-15mins max.

CLICK HERE



Creatively committed to mental health
education with mindfulness and integrity.



Help & resources available @
mindblank.org.au

Find us on Facebook,
Instagram or Youtube

