

Fundraise

for Better Mental Health

Thank You for Choosing to Fundraise for the Mental Health Foundation Australia!



Why Fundraise for us?

Established in 1930, Mental Health Foundation Australia is Australia's oldest community-based mental health organisation.

We support more than 500,000 Australians annually through counselling, support groups, education programs, and advocacy. Your support helps create hope, connection, and access to affordable mental health services for Australians who need it most.

Every dollar raised helps someone feel less alone.

Where Your Fundraising Makes an Impact?

- ☀ Affordable counselling services from \$30 per session.
- ☀ Free support groups for individuals, families, and carers.
- ☀ Suicide prevention and early intervention programs.
- ☀ Mental health education and awareness campaigns.
- ☀ Support for multicultural and vulnerable communities.
- ☀ Workplace and community wellbeing initiatives.



💡 FUNDRAISING IDEAS

Community Fundraisers
Morning teas • BBQs • Charity walks • Fun runs • School events • Community festivals

Workplace Fundraisers
Casual dress days • Team challenges • Payroll giving • Office fundraising events • Wellness days

Online Fundraisers
Birthday fundraisers • Facebook fundraisers • Virtual fitness challenges • Livestreams • Crowdfunding campaigns

Special Events
Gala dinners • Auctions • Sporting events • Memorial fundraisers • Awareness campaigns

How to Get Started?



Complete our Fundraising Application Form and tell us about your event, activity, or campaign, including your fundraising idea, date, location, and contact details.



Your application will be reviewed by our management team. Then will reach out to discuss next steps and support for your fundraiser's success.



Scan the QR Code to submit your application!



Contact us

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