



# Event Volunteers Guide

## Welcome

Three million people in Australia experience anxiety or depression every year, and every day nearly nine people take their own lives. Since the year 2000 Beyond Blue has been providing information and support to help everyone in Australia achieve their best possible mental health and to prevent suicide, whatever their age and wherever they live.

“No act of kindness, no matter how small, is ever wasted.” This is one of my favourite quotes.

Recent times have reminded us of the importance of connection, kindness and compassion. Our volunteers personify those qualities, giving their time, expertise and energy in service of others. They come from every corner of Australia, and all walks of life, ages, cultures, experiences and backgrounds.

For this, we say thank you.

To understand more about being a Beyond Blue volunteer, please read on.

**Georgie Harman**  
CEO





## Event Volunteers at Beyond Blue

Beyond Blue participates in a range of events and activities in the community to start conversations, reduce stigma and discrimination, and let people know we're here to support their mental health.

Volunteers help Beyond Blue have a useful and positive presence at these events.

Our volunteering roles are ad-hoc in nature, popping up around the country throughout the year. There are no set days or hours, so volunteering with us can fit alongside work, family or study commitments.

Events can include sporting and challenge events, community events, festivals and expos. We actively seek out events with a focus on culturally diverse, rural and remote and LGBTIQ+ community events, in line with our Community Engagement Strategy.

Our volunteers have previously enjoyed representing Beyond Blue at major events such as the Australian Open, Coastrek, Melbourne International Flower & Garden Show, Invictus Games and the Sydney Mardi Gras Parade.

We have volunteer roles at these events to suit everyone. They may involve chatting with the community about mental health, handing out Beyond Blue information resources and merchandise, running competitions, assisting with the setup and pack down of events, and collecting donations for the Beyond Blue Support Service.



## Why volunteer with Beyond Blue?

There are many reasons people choose to volunteer with Beyond Blue. Some volunteers have a personal experience with depression, anxiety or suicide, either themselves or through supporting others. Some are working or studying in the mental health and suicide prevention sectors and wanting to gain experience. Many simply want to give back to the community by supporting the work of Beyond Blue.

Volunteering with Beyond Blue is a great way to encourage conversations about mental health in the community, reduce the stigma and help reduce the impact of anxiety and depression... and it's also really good for you!

Studies have shown that volunteering often helps people feel more socially connected and provides a sense of purpose, pride and accomplishment – all great protective factors for one's mental health.

Beyond Blue volunteers feel empowered after using their skills and resources to support others. Many Beyond Blue volunteers have reported feeling a sense of pride and satisfaction after an event.



**Michael:** "At the end of the day I felt a sense of satisfaction knowing that I had spent the day helping others."



**Chris:** "When I am representing Beyond Blue at an event, I feel proud! As an organisation they have so much brand recognition, even in regional Western Australia."



**Michelle:** "I have found volunteering a very rewarding experience, and I find it a real privilege when people share their story and tell us how much Beyond Blue has made a difference in their lives."



**Sue:** "What I enjoy about being a Beyond Blue volunteer is the fact that Beyond Blue is such a credible, well known and respected organisation within Australia. People instantly trust you and recognise your willingness to talk, understand and help. It's a great feeling."





## Engaging with the community

Volunteers can expect to have various interactions with the public, from a smile and a nod or a quick acknowledgement of Beyond Blue's work to more in-depth conversations about mental health.

On occasion, a member of the community may approach in an emotional or distressed state. They may have a personal experience of a mental health condition, or be concerned about a friend or family member, and

need support. While this only occurs occasionally, we prepare volunteers for these and other situations, by providing training and our 'Volunteer guide to engaging with the public'.

We encourage our volunteers to listen with empathy but avoid giving out advice to community members. There will always be a Team Leader or Beyond Blue staff member available to help with these difficult conversations.

# What to expect as a Beyond Blue Event Volunteer

## **Joining the Program**

Register to join the Beyond Blue Event Volunteer Program and complete our online Induction.

Learn more about the Program by exploring the Volunteers Hub, our area of the Beyond Blue website accessible only to registered volunteers.

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## **Before an event**

Apply for event roles by logging into our Volunteers Hub. We'll also send out regular emails with volunteer opportunities in your area.

Submit your registration and we'll be in touch to confirm your role!

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## **One week prior to an event**

Receive an event brief via email with all relevant information including what to wear, what to bring, transport options, and roles and responsibilities.

Attend an optional virtual event briefing with the Beyond Blue Events and Volunteers Team to say hello and ask any questions you may have.

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## **At an event**

Attend an onsite briefing, meet the other volunteers, and get out and about interacting with the community.

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## **After an event**

Receive a survey to provide your feedback and help us improve the Program. Submit your reimbursements for costs incurred for food, transport and parking (up to \$30).

## Perks of the Event Volunteer Program

- Regular newsletters with exciting volunteer opportunities and news from the team.
- Connecting with other volunteers through our Volunteer Spotlight interviews and onsite.
- Optional quarterly training sessions to stay informed and gain the skills to represent Beyond Blue in the community
- Team Leader opportunities to take the lead onsite and help us to identify potential events in your community.
- Share thoughts and give us feedback through our surveys, helping us to continuously improve our program.
- Access to additional exciting volunteering opportunities.
- Proudly wear the Beyond Blue Volunteer t-shirt as part of the team.



## Volunteer requirements

To join the Beyond Blue Event Volunteer Program, individuals must:

- Be aged 16 years or over.
- Have a valid and current Working With Children Check (or state/territory equivalent). Some event opportunities may also require a National Police Check.
- Complete our volunteer induction before attending an event.
- Participate in a brief interview or provide additional documentation for selected roles.
- Agree to engage with the public in a respectful manner that reflects positively on Beyond Blue.
- Be punctual, reliable and communicate with us if things change.

A full list of volunteer policies and procedures can be found on our website at [www.beyondblue.org.au/get-involved/volunteer-information-and-policies](http://www.beyondblue.org.au/get-involved/volunteer-information-and-policies)





## For more information and to register

Head to the [volunteer registration](#) on our website. If you have any questions, you can contact us at [volunteers@beyondblue.org.au](mailto:volunteers@beyondblue.org.au) or 03 9810 6100.

**Please note: Beyond Blue does not offer volunteering roles for face-to-face or phone counselling, office work, student placements or internship programs.**

## A note on COVID-19

The health, safety and wellbeing of our volunteers is the most important priority to us. Our team closely monitors state and territory regulations and regular risk assessments to ensure measures are in place to keep everyone safe. We also ensure event organisers have COVID-Safe plans in place and they are compliant with COVID-19 regulations.



## Other ways to get involved with Beyond Blue

There are many reasons why people get involved and volunteer their time with Beyond Blue. We have a range of opportunities available depending on the experience you are looking for.

**Blue Voices:** Use your personal experience of anxiety, depression or suicide to influence the development and innovation of mental health services, policies and programs.

[beyondblue.org.au/bluevoices](https://beyondblue.org.au/bluevoices)

**Speakers Bureau:** Share your personal story of anxiety and depression to raise awareness and reduce stigma.

[beyondblue.org.au/get-involved/our-speakers-bureau](https://beyondblue.org.au/get-involved/our-speakers-bureau)

**Online Community Champions:** Support others on the Beyond Blue online forums to create a positive impact and provide constructive support and advice to others on their mental health journey.

[beyondblue.org.au/forums](https://beyondblue.org.au/forums)

**Events and Fundraisers:** Host your own fundraising event at your workplace, school, sporting club, or community event to raise funds for people affected by anxiety, depression and suicide. We have some great downloadable resources to help you make your fundraising event a huge success.

[fundraise.beyondblue.org.au](https://fundraise.beyondblue.org.au)



*Beyond Blue acknowledges the Land on which the Hub is based has deep connections to peoples and cultures across the Eastern Kulin Nation. We acknowledge the Traditional Owners of this area, the Wurundjeri Peoples, and pay our respects to their Elders past, present and emerging. As an organisation with national reach, we extend our respect to all Elders and Aboriginal and Torres Strait Islander peoples across Australia.*