

Charities

In recognition of the panellist's generosity in presenting at APESB's 15-year anniversary event, please find below a list of Australian-based charities supporting mental health and indigenous matters that you might consider donating to if you enjoyed the presentation today.

This is purely voluntary.

Beyond Blue

3 million Australians are living with anxiety or depression.

Beyond Blue provides information and support to help everyone in Australia achieve their best possible mental health, whatever their age and wherever they live.

[Donation Form \(beyondblue.org.au\)](https://beyondblue.org.au)

Headspace

More than 75 percent of mental health issues develop before a person turns 25.

headspace is the National Youth Mental Health Foundation providing early intervention mental health services to 12-25 year olds. Headspace can help young people with mental health, physical health (including sexual health), alcohol and other drug services, and work and study support.

[donations \(headspace.org.au\)](https://headspace.org.au)

First Nations Foundation

48% of Indigenous Australians are living in financial stress.

First Nations Foundation is a successful Indigenous financial wellbeing foundation led by an Indigenous majority board since 2006. The Foundation has a strong reputation with both financial and Indigenous community sectors to provide customer-centric financial education, training and information.

[Donations \(firstnationsfoundation.org.au\)](https://firstnationsfoundation.org.au)