



Black Dog
Institute

How your **Meaningful Moment** for Mental Health makes a difference

\$50

can help a teenager, who is flagged at risk of suicide, connect quickly with a psychologist or counsellor, ensuring that they don't face their struggles alone.

\$65

can help us train community youth presenters to talk about mental health in schools and how to get support.

\$300

can enable us to reach 300 people with our online clinic service.

\$1000

brings together a group of First Nations community members to design an education resource on suicide in their local language.