


MAKE NOISE YOUR WAY

Make Noise to break the silence around mental health.

#MAKENOISEYOURWAY
makenoise.com.au





Fundraise for us to
achieve a future where
young people seek
and begin to receive
the help they need
- in under 24 hours.

Thank you for wanting to change the conversation around mental health.

Your support will help empower young people to build healthy relationships, foster personal resilience, and equip them with vital strategies to support themselves and their friends during emotional distress.

Research is showing us that anxiety and isolation are on the rise for young Australians and 7/10 young people aren't getting the help they need when they are feeling anxious or distressed.

We believe that healthy relationships are the secret to happiness – and every person should have a crew of people to catch them if and when they fall.

That's why we created YourCrew and YourCrew Classroom, to give young Australians the knowledge, skills and tools to support themselves and their friends safely.

The success of our Make Noise Your Way Challenge relies on public support. Whether you host a dinner and bang some pots and pans, run a marathon wearing a Make Noise T-shirt or get your friends on YourCrew to keep each other safe, there are plenty of ways you can successfully Make Noise throughout the year to help keep young people safe.



HARRISON RIEDEL
FOUNDATION

Download
YourCrew today.



THE IMPACT OF EVERY DOLLAR RAISED

Community Fundraisers are at the heart of what we do.

People like you have the passion and creativity to create and drive your own Make Noise event to raise much needed funds that will help change the conversation around mental health.

Your fundraising efforts will ensure funds go towards further app development and upgrades, continual research, accessibility to more support resources and raising awareness of the free YourCrew app (more downloads by young people) and its functionality.

Here are some examples of your dollars in action.



\$280 will help us **reach more young people** so they know about YourCrew, download it and have support ready when they need it most



\$800 will help us **fund essential YourCrew app upgrades** so that young people can continue to develop strong support networks and healthy coping mechanisms



\$1,500 will help us **deliver our Your Crew Classroom program to Aussie schools**, fostering safe environments where students feel comfortable to seek help for themselves and their friends.

Thank you for Making Noise
and breaking the silence
around mental health.



YOU WANT TO MAKE NOISE, NOW WHAT?

This step-by-step guide will help you make the Noise that suits you to ensure young people are supported in times of distress.

Step 1: Choose how you Make Noise

At HRF we are determined to break the silence around mental health. We know the average time it takes for young people to seek help is 11 years. That's 11 years too long. So we launched a challenge to Make Noise Your Way at any time, anywhere.

How you do it is up to you – just be loud.

Take on a challenge

Get active and do a daily run, walk, or sign up for a marathon. Ask people to sponsor your efforts to keep you moving and motivated. Once you have raised your first \$50 we will send you a Make Noise t-shirt to wear.



Be a Host

Host a noisy get together

Invite friends and family to an evening of noise. Ask people to bake a dish or bring a plate and dress as their favorite band member. Play their favorite band's song throughout the night. Ask them to donate the cost of a concert ticket.

Host a games "night in"

Play rowdy games like Musical Chairs, Twister or Charades to get the noise levels up. Everyone can get involved and bring something delicious to share! Simply ask your friends to donate what they might spend on a night out.



Host a karaoke night

Karaoke is a great social event, and provides a chance for people to let their hair down and unleash their inner divas and rock stars! Ask them to donate \$100 for a pair of earplugs!

Break the silence without raising funds

If you don't want to fundraise, you can still help to break the silence by making noise. Choose how you want to make noise, register for the challenge, share your noise on socials and keep you and your friends safe with YourCrew.



Step 2: Register to Make Noise

Now that you are inspired to Make Noise, get registered so it counts.

Please register your fundraising activity online. We have made it easy for you to create your own online fundraising page so that it is easy to ask friends and family to support you. [Click here to get started](#). Or if you are breaking the silence without fundraising, [click here](#).

Step 3: Bank your funds and make a difference (if fundraising)

Once you have completed your noisy and successful activity, collect your funds and bank them to make a difference. Every dollar you raised will help young people feel supported in times of distress.

If you set up an online fundraising page all funds will be automatically transferred to Harrison Riedel Foundation at the end of your event.

If you collected cash as part of your fundraiser, you can bank it straight onto your online fundraising page (using your debit or credit card).

Step 4 - Share your event!

Congratulations you are helping break the silence around mental health! We'd love to hear how your Make Noise activities went, so please share any photos or updates by emailing info@harrisonriedelfoundation.com or tag us @YourCrew and @MakeNoiseYourWay or #MakeNoiseYourWay on your socials.

If you have any questions, please email us at: info@harrisonriedelfoundation.com



Don't forget to
tag us on socials!



HARRISON RIEDEL
FOUNDATION



OUR IMPACT

Our programs promote positive and protective behaviours that build resilience and enhance well-being through:



Increasing help-seeking behaviour



Identifying and strengthening existing positive relationships



Building connectedness and a sense of belonging



Increasing communication about issues and advice seeking



Enhance self-esteem by empowering young people to take control of their lives



Increasing mental health literacy and knowledge of help services



Increasing confidence in helping others get the help they need by knowing what to say and do and where to go for help



WHY WE EXIST

The average time between the onset of mental health symptoms and when someone receives help is 11 years.
That's 11 years too late.

Our mission is to reduce the time between young people needing help and receiving the help they need.



WHERE WE FIT



YOURCREW APP



YourCrew is a free app that promotes communication with known and trusted people and opens the door to young people seeking help. YourCrew provides instant access to essential resources and crisis support links all in the one place.

YOURCREW CLASSROOM

Our school inquiry program teaches young people how to:



build healthy relationships



foster positive well-being



build personal resilience

**EVERY PERSON
NEEDS A CREW**