



Lessons learned from creating a volunteer-led community from scratch

Rahul Seth CA

Loneliness



activate
mental health

Coming together
through
social activity

www.meetup.com/mentalhealth





Lessons learned from creating a volunteer-led community from scratch

Rahul Seth CA

**The journey I took to create
Activate Mental Health**

TRINITY COLLEGE





coolies



Mental health decline

Diagnosis of depression



Diagnosed with bipolar disorder

a tough experience



SUMMER
is when
Laziness
REIGN

PAULO
ER



Determined to become a CA

to achieve my initial career goal



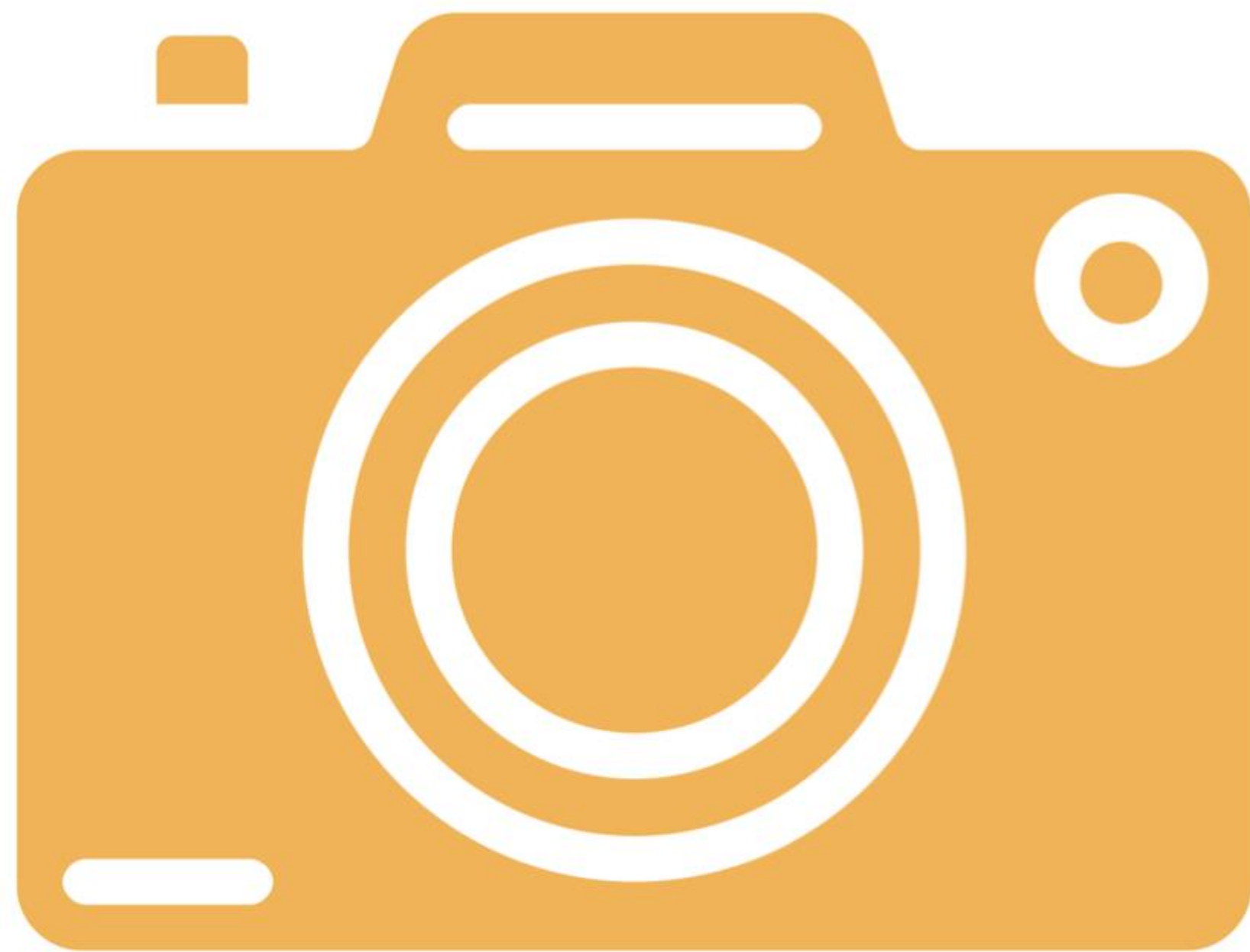






Employment services

leaving my accounting career behind



Photography

a new hobby











BOARDROOM

STAFF ONLY

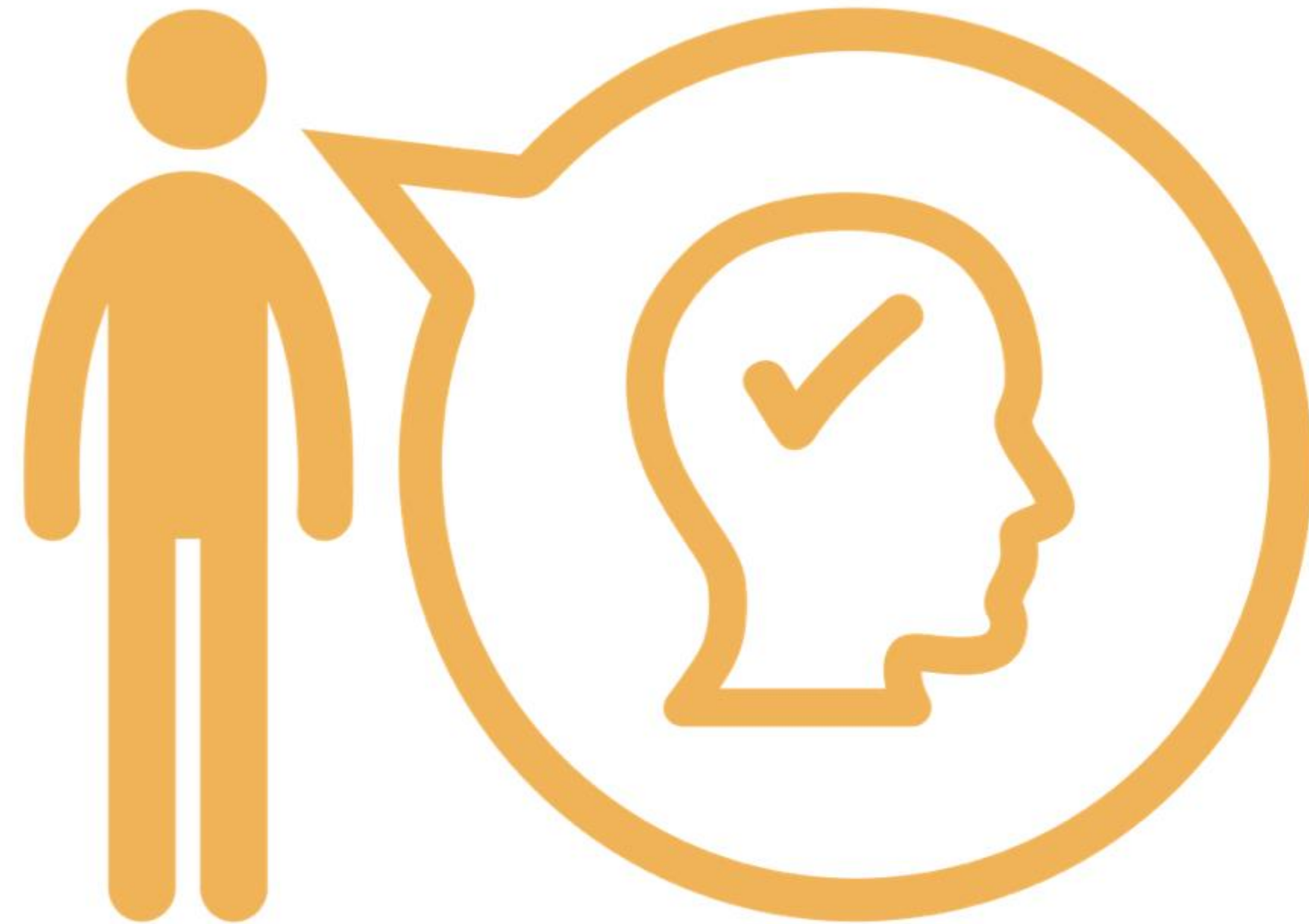






Mental health was still average

needed to make new friendships



Met a new psychologist

told her my idea for a social group



MONOPOLY
The Fast-Dealing Property Trading Game



COLLECT
\$200 SALARY
AS YOU PASS
GO





PERTH ACTIVE
DEPRESSION
SUPPORT
GROUP



Meetup #1

Brainstorming session, uno game and coffee







THE MOVIES BOARDGAME
Margaret & David
3600

Popper Magic game

LINE UP 4
2 Players

Taboo
Over 1000 Taboo Words!

Jenga
Classic
Jenga
HOW DO YOU STACK UP?

SETTLERS
CATAN

BATTLESHIP

Telestrations
12 PLAYER PARTY PACK

Cards Against Humanity



perth

active

DEPRESSION

SUPPORT GROUP



activate
mental health

Our groups operations

★5,700+ members

★20+ volunteers

★300+ events run annually

★\$4,000 - annual budget



Personal benefits gained

- ★ New, amazing friends.
- ★ A strong professional network.
- ★ FYA young social pioneer.
- ★ Speaking at conferences.
- ★ Winning awards.





WA Volunteer
of the Year Award
2023



Community

our major achievement





Obtain charity status

to have a stronger impact in the Perth community

**What does mental health
support in our group look like?**







Our Volunteers



Activator (volunteer)

- Welcomes all members
 - Sets up the activity
 - Supports member engagement
- Thanks & event close



Activators are supported by **Activate Mental Health**, a community of supportive and socially connected members

“

The purpose of life is a life of purpose.



Our Model



Activate Mental Health operates through a sustainable hub-and-spoke support model.

Volunteer-led events enable our reach through the community, allowing us to socially connect members across Greater Perth.



Our **Activate Mental Health** 'hub' supports volunteers to lead events and champion member engagement.

66 *The purpose of life is a life of purpose.*

How to start up a community



Does not need to be complex

Sometimes a simple solution is the best option



← SWIMMING AREA





Silent

BOOK CLUB







Facebook group

Pros

- ★ Free to use.
- ★ World's biggest social media platform.
- ★ Provides a forum for personal interactions re comments.
- ★ Can share various forms of media such as photos, videos and website links.

Cons

- ★ Requires regular moderation of appropriate behaviour.
- ★ Content of the group is easy to miss in the feed of the user.
- ★ Harder to promote the need to connect at in-person events.



Meetup group

Pros

- ★ Encourages people to go from behind a screen to meeting people in real life
- ★ Large community of existing users.
- ★ Dedicated app.

Cons

- ★ Costs the organiser a fee to run a group.
- ★ No forum for comments like a Facebook group.
- ★ Regular no-show of users who don't give reasons for not attending an event.

Lessons learned in building a community

P PERSONAL
BOUNDARIES

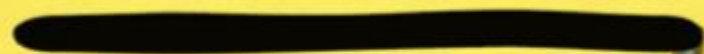


"You can't help everyone, but everyone can help someone"

Ronald Reagan



BRAND



VISIBILITY

Ten Pin bowling



Tuesday 1 August @ 8pm

Rosemount Bowl

RSVP www.meetup.com/PerthADSG



Ten pin bowling

Tuesday 1st August @ 8pm

Rosemount Bowl

RSVP: meetup.com/activatemh



Collaborate



Feedback

INFORMATION
INTERACTIONS
Opinions
Negative
DATA
Service
Corporate
Responses
NEGATIVE
Process
RESULTS
DETAILS
GOOD
Issues
RESPONSE
Questions
Business
WELL
Share
Excellent
Questionnaire
PRODUCTS
BAD
NA
PEOPLE
organization
SURVEY
Answers
Positive
Focus Group



FIND A

MENTOR

Lessons learned in managing volunteers











**LIFE
WORK
BALANCE**



The future of mental health support



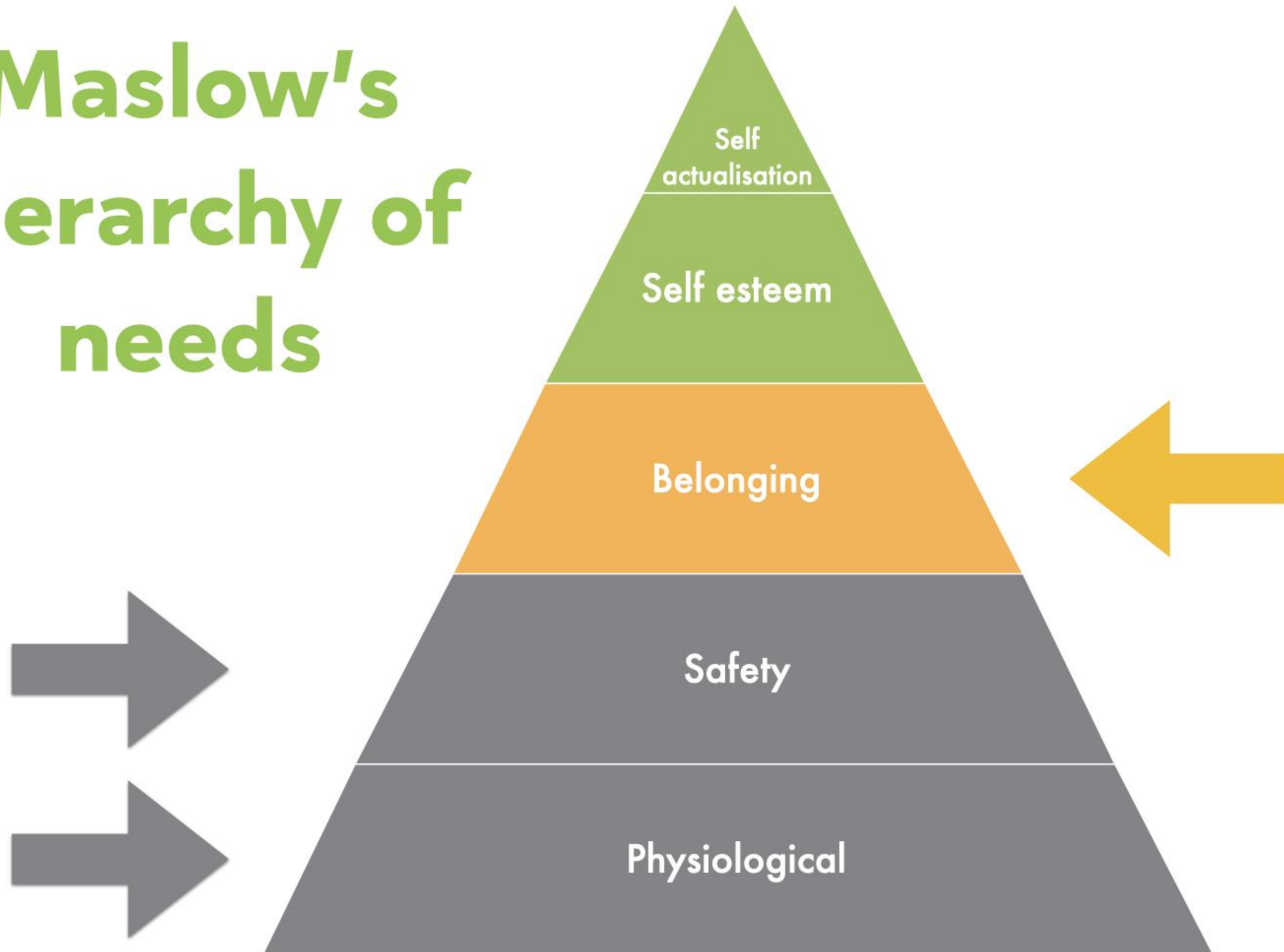
**SPONSORS
WELCOME**



\$ 1,981,000	\$ 6,531,000
\$ 1,824,000	\$ 1,407,000
\$ 1,448,000	\$ 1,088,000
\$ 1,337,900	\$ 1,108,200
\$ 1,016,500	\$ 1,944,000
\$ 5,031,000	\$ 4,316,000
\$ 1,106,000	\$ 4,258,000
\$ 2,318,000	
7,908,000	



Maslow's hierarchy of needs





**The key lesson learned in
running Activate Mental Health**

The importance of community for well-being

A group of approximately 20 people of various ages and ethnicities are gathered behind a long table in a community room. The table is covered with a variety of board games, including titles like 'Jenga', 'Telestrations', 'Codenames', '5 Seconds or Less', 'Catan', and 'Mafia: City of Lies'. The people are smiling and looking towards the camera. The room has a drop ceiling with recessed lighting and a white wall in the background.



Connection is why we're here. We are hardwired to connect with others. It is what gives purpose and meaning with our lives, and without it there is suffering.

Brené Brown

Questions?

Contact us

Use this QR code to access us by

meetup



www.activatmh.com.au

hello@activatmh.com.au



Lessons Learned From Creating A Volunteer-Led Community from Scratch

Rahul Seth CA

Founder, Activate
Mental Health & 2023 WA
Volunteer of the Year

