

# Workplace Giving for individuals

Give directly to the cause you care about



Thank you for your interest in supporting Fortem Australia through workplace giving.

Workplace giving is a joint relationship between employers, employees and not-for-profit organisations. Individuals contribute a portion of their pre-tax salary and receive the tax benefit straight away. Employers often match employee contributions to help make an even bigger impact.

Read on to find out more about the impact you could be having on first responder mental health and wellbeing, and how to sign up.







### Your impact

Your support through our workplace giving program will allow us to expand our services and resources to more first responder families across Australia.

First responder work is inherently stressful. In serving our community, first responders are at increased risk of harm. They experience higher rates of psychological distress, psychological disorders, and suicidal thoughts. This is why we exist.



Since 2019 we have supported more than 13,000 first responders and their families across Australia:

9/10 participants recommend Fortem and want to take part in another wellbeing activity.

More than half of participants were more open to mental health support following an activity.

of participants with active PTSD symptoms showed reduction of symptoms to below diagnostic threshold following treatment.

## **Workplace Giving**

#### INDIVIDUAL APPLICATION FORM

Your details

**Yes**, I want to support Fortem Australia with a regular donation.

Your donation will be deducted from your pay before tax is applied, giving you the tax benefit upfront. Simply complete this form and return it to your payroll coordinator.

	Mr	Mrs	Ms		Miss	Dr
Firs	t name			Surname		
Company			Department			
Email			Phone			
Home address				State	Postcode	
Donation details						
	\$2	\$5		\$10		\$
	Weekly	Fortnightly		Monthly		
All payments made on your behalf are deemed to be payments made by you personally. This authority cancels all previous authorities made to Fortem Australia and will remain in force until you cancel in writing.						
Employee signature					Date	

#### **Information and Privacy Policy**

Your information will be used by Fortem Australia for the purpose of processing and receipting your donation. Fortem Australia will not pass your details to any third parties.

Tick here if you do not wish to receive Fortem Australia updates.

Thank you for your commitment to supporting the mental health and wellbeing of first responders and their families.

