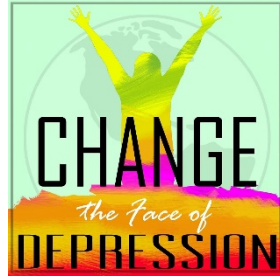


VOLUNTEER DESCRIPTIONS

We are looking for dedicated individuals to join our team and positively impact our community. As a volunteer, you can contribute your skills, passion, and time to support our mission. Whether you're interested in helping with events, mentoring, or other activities, your commitment will be invaluable.

Together, we can Change the Face of Depression

www.CTFOD.com



Volunteer/ Community Service Options for Service Hours

There are several ways to collaborate with **Change the Face of Depression** and earn community service, intern, or volunteer hours through remote opportunities. Volunteers must keep track of their service hours to be credited per project. The hours will be credited after the project's completion. Examples of project opportunities and ways to gain service hours are listed below:

- **Doodle for Charity:** If you enjoy doodling and drawing thumbnail collages, you can lend your skills and passion for art to create designs for the CTFOD audience, such as color pages, journal themes, stickers, merch, and more.
- **Peer/Teen Advisory Board:** As a volunteer for this board, you will offer guidance and expertise, focusing on peer influence and mental health. This board doesn't make decisions but provides insights, critical thinking, and analysis to support the company's decision-makers. It's distinct from governance or directorial boards, aiming to enrich discussions and expand our mental and emotional health understanding.
- **Film/Media Content Creator:** A volunteer Media Content Creator will craft short films aligning with CTFOD's mission on mental and emotional health. This opportunity welcomes professionals, aspiring creators, and hobbyists to contribute by producing, shooting, and editing films for the CTFOD website. The goal is to create content that educates, raises awareness, and reduces stigma around mental health.
- **Article/Blog Writer:** A volunteer Article/Blog Writer seeks to exercise their writing and journalism skills to bring awareness, offer perspective, and research topics that correlate with CTFOD's mission and fundamental goals. A writer for CTFOD will be responsible for researching, creating, and citing all resource information.
- **Graphic Design/Illustrator:** A volunteer Graphic Design/Illustrator seeks to expand their design portfolio by lending skill, creativity, and imagination to CTFOD through creating media, including, but not limited to, CTFOD flyers, posters, logo design, and website graphics.

- **Group Discussion Host/Group Discussion Participant:** A volunteer Group Discussion Host/Participant will initiate, lead, and participate in group discussions relating to CTFOD's mission and fundamental goals to raise awareness, collect data, request input for fresh ideas, gather information, gain perspective and clarity on thoughts, views, and opinions, and engage in community discussion surrounding mental and emotional health to create a takeaway for resourceful CTFOD content.
- **Data Entry:** A Data Entry volunteer will input resource information into our CTFOD Community Resource Database, a comprehensive directory covering national and local resources such as mental health support, basic needs, job training, and more. This role involves gathering, verifying, and entering data, including linking logos to resources on our website. Once finished, the database will be shared on the Change the Face of Depression website for broader access.
- **Art Design:** An art design volunteer seeks service hours by creating art pieces to use for CTFOD events or donate to raise funds. Examples include murals, backdrops for photoshoots, sculptures, etc.
- **Wellness Wednesday Campaign Leader:** The Wellness Wednesday Campaign Leader will use marketing skills to collaborate with local and national businesses for a weekly Wellness Wednesday giveaway. This initiative aims to celebrate each week's completion by promoting self-care through diverse challenges. From donating products/services to engaging our supporters, sharing new recipes or workouts, to arranging free sessions at local yoga studios for volunteers—the opportunities are limitless!
- **Campaign Organizer:** A Campaign Organizer contacts the community to initiate mental and emotional health partnership campaigns. You coordinate activities that will benefit the greater good of the community, such as painting rocks for Ryker's Rocks, letter writing for the elderly, resource day, upcycle party, service party, book club, fundraisers, etc.
- **Fact Checker/Resource Editor:** A Fact Checker/Resource Editor carefully edits submitted articles and fact checks submitted resources. They can also volunteer for policy creation/edits and may submit ideas and hot topics.
- **Open Forum Volunteer:** An Open Forum Volunteer can submit a service they would like to offer to Change the Face of Depression (CTFOD) that is not listed above.