



Volunteer/ Community Service Options for Service Hours

What kind of impact do you want to make? What skills would you like to gain? There are several different ways to partner with Change the Face of Depression. Community Service/ Volunteer hours can be earned through remote opportunities. Volunteers must keep track of community service hours to be credited, per project. Hours will be credited after project completion. Examples of project opportunities and ways to gain service hours are listed below.

- **Peer/ Teen Advisory Board:** A volunteer for the Advisory Board is one who will lend their skills, guidance, and knowledge to CTFOD. To offer advice, help shape our vision, stay current on peer influence and mental health initiatives, resources, and new information, in order to expand our knowledge and ability to advocate for the importance of mental/ emotional health.

*The purpose of our advisory boards is to help CTFOD gain new insights and advice to solve business challenges or explore new opportunities by stimulating robust, high-quality conversations. The role of an advisory board is not to make decisions, but rather to provide current knowledge, critical thinking and analysis to increase the confidence of the decision-makers who represent the company. An advisory board is [different to a governance board or board of directors](#).

- **Film/Media Content Creator:** A volunteer Media Content Creator is one who will lend their skills and imagination to express the importance of Mental/ Emotional Health, through a variety of perspectives. This opportunity is fluid in interpretation. Open to professionals, pre-professionals, and hobbyists as an opportunity to practice your craft. Ideally, one person or a team make a short film (write, shoot and edit it) to post and be used as content on the CTFOD website. Film topic must correlate with CTFOD mission and fundamental goals. The purpose of the participating creators is to produce/ create material that may educate, raise awareness, and/or help erase stigma surrounding the importance of mental/ emotional health.
- **Article/ Blog Writer:** A volunteer Article/ Blog Writer is one who seeks to exercise their writing/ journalism skills in efforts to bring awareness, offer perspective, and research topics that correlate with CTFOD mission and fundamental goals. A writer for CTFOD will be responsible for researching, creating, and siting all resource information.

- **Graphic Design/ Illustrator:** A volunteer Graphic Design/ Illustrator is one who seeks to expand their design portfolio by lending skill, creativity, and imagination to CTFOD through creating media, not limited to: CTFOD flyers, posters, logo design, website graphics.
- **Group Discussion Host/ Group Discussion Participant:** A volunteer Group Discussion Host/ Participant is one who will initiate/ lead/ participate in group discussions correlating with CTFOD mission and fundamental goals in efforts to raise awareness, collect data, initiate inputs for fresh ideas, gather information, gain perspective/clarity on thoughts, views, opinions and engage in community discussion surrounding Mental/ Emotional Health, to create takeaway for resourceful CTFOD content.
- **Data Entry:** A volunteer who seeks to donate their time and attention to detail by gathering and inputting resource information into our CTFOD Community Resource Database. The CTFOD Community Resource Database is a “phonebook” for all National and Local resources available offering Mental/ Emotional health support, basic needs, clothing/food resources, and jobs/ skillset training. The Data Entry volunteer will be responsible for gathering resource information, verifying resource information and accurately inputting resource information into the database.
- **Art Design:** A volunteer for Art Design is one who is seeking to gain service hours by creating art pieces to use for CTFOD events/ donate for bid to raise funds. Art is not limited to: Mural/Backdrops for photoshoots, sculptures/ creative pieces to show the variety of artistic perspectives with a goal to enhance the opportunity to express the importance of Mental/ Emotional health.
- **Wellness Wednesday Campaign Leader:** A volunteer Wellness Wednesday Campaign Leader is one who will utilize their marketing/ communication skills to partner with community businesses/ activities on a local and national scale to commemorate making it through another week by challenging a Wellness Wednesday give-a-way! Wellness Wednesdays change weekly in an effort to encourage self-care by embracing the challenge to try something new. May it be gifting a donation of products or services to enhance the accountability of hygiene or a new experience to brave the isolation depression weighs on one's wellbeing. Wellness Wednesdays are made to salute the finish line of another success. Wellness Wednesday Campaign Leader will request the donation of products/ services to be included as part of our Wellness Wednesday give-a-way challenges.
- **Campaign Organizer:** A volunteer Campaign Organizer is one who will reach out to the community in efforts to initiate partnership campaigns for Mental/ Emotional health. (i.e. Coordinate activities to do together, that will benefit the greater good of the community.) (i.e. Paint rocks for Ryker’s Rocks, Letter writing for the elderly, Resource day, Upcycle Party, Service Party, Fundraisers, etc.)