



ONE MIND

Ways to Get Involved

Mental health is deeply personal, yet it connects us all. Whether you have a few minutes, professional expertise, or a desire to make a lasting commitment, there are meaningful ways to support One Mind's mission—at home, at work, and in your community.

OUR IMPACT: WHY YOUR SUPPORT MATTERS

4.5M

People receiving improved mental health support through One Mind at Work

1.5M

People served by our One Mind Accelerator portfolio

59

Rising Star scholars advancing mental health research

45

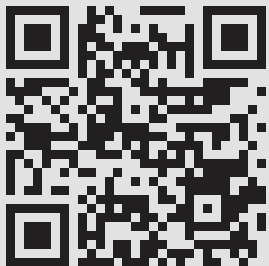
People with lived experience helping shape One Mind's programs

Start Here

- **Stay informed:** Subscribe to One Mind's newsletter for research updates, events, and new opportunities to get involved.
- **Join us:** Attend an upcoming One Mind event or a free public webinar to learn more about our work.
- **Give your time:** Explore volunteer opportunities, from event support to community outreach.
- **Make a gift:** Donate once or monthly, and check whether your employer will match your contribution.

Go Further

- Launch a fundraiser or sponsor a signature event such as the [One Mind Music Festival](#) or [Apollo & Psyche](#).
- Encourage your employer to explore [One Mind at Work membership](#) and the [Mental Health at Work Index](#).
- If you're a researcher or innovator, explore the [One Mind Rising Star Awards](#) or [One Mind Accelerator](#).
- Amplify the voices of people with lived experience by discovering and sharing their stories through the [One Mind Lived Experience blog](#).
- Consider a lasting gift through your estate plans and the [One Mind Legacy Society](#).



Ready to take the next step?

Choose a way to get involved that feels right for you. Scan the QR code or visit onemind.org/get-involved to explore your options.

Not sure where to start? Email info@onemind.org, and we'll help you find a way to contribute.

Interested in working with us? Explore careers and internships at onemind.org/careers.



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