

2023

Unsinkable Impact Report

Unsinkable Media

MY UNSINKABLE STORY

DANCIA SUSILO



"At age five, like most other toddlers, I was afraid of death. I was afraid of what comes next and if I'd get sent to heaven. Yet, I wanted to die."








[LINK IN BIO](#)

Unsinkable humanizes the way people access and experience mental health support.



Unsinkable



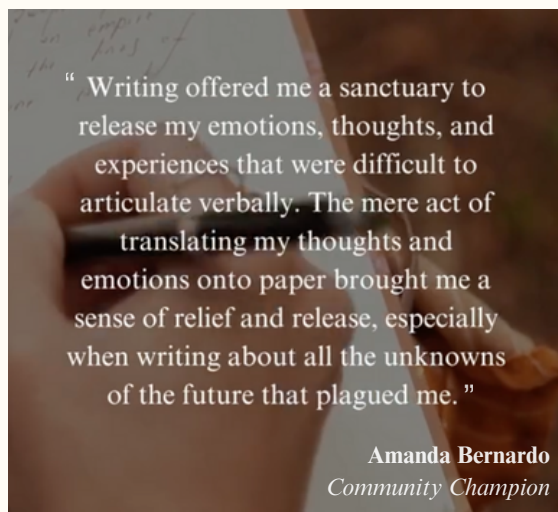
-  7 New Community Champions
-  20 New Storytellers
-  2 Virtual Events Held with 500+ views
-  1 Unsinkable @ Work Session Hosted
-  Website Traffic Up 92%
-  Unique Visitors up 114%
-  Unsinkable Stories account engagement up 42.6%
- Be Unsinkable account engagement up by 209%
- 40 Youth Participants Engaged through Unsinkable Youth
- 2 Focus Groups Hosted
- 40+ community partner conversations & connections
- 100% of Unsinkable Team with Lived Experience
- 80% of team under 30 yo
- 60% of team is BIPOC

Unsinkable Youth

Together We Are Unsinkable

MISSION

Unsinkable uses storytelling to help people #BridgeTheGap between struggling with their mental health and taking steps forward towards mental well-being.



A letter from Silken Laumann

Founder



This has been a year for Unsinkable of growing roots so that the tree can flourish. We grew our board to nine fabulous Directors, all of whom provide strategic advice, help make connections for Unsinkable, and support our team in growing Unsinkable in the right direction. We added a Governance Committee and a Programs Committee, and all of the committees became fully operational. I am proud to say we have one of the best boards of any organization in Canada.

We welcomed a new Executive Director, Hailey Hechtman, midway through the year and had an ideal transition due to Jen Elia, our former interim ED, overlapping for a few months. We learned that Kate Nazar would be stepping down as chair, and we began to mine our networks for the new Board Chair which culminated in Sigrun Watson joining us in 2024. Kate Nazar will continue as a valuable member of our Board.

We deepened our work with youth by expanding the number of Program Managers on our team, and revamping our program to be more structured, and as well as building peer relationships and community, building a better toolbox for young people to be more resilient and capable by the end of the program period. We continue to work with our clinical lead and our medical community to deepen the program and ensure that it is clinically sound and effective. We welcomed two fabulous Program Managers to our team, Maria Estrada and Saara Mihrin, who are passionate and skilled youth workers and mentors. They moved our youth sessions to a weekly cadence with great results for participants.

Storytelling remains at the centre of everything we do. We were inspired by Rhiannon Rosalind and Pete Neal, who shared their mental health challenges, and with our partner BDC, shone a light on the unique stressors on entrepreneurs. With our partner SunLife Financial we reached thousands of youth both through our Back to School event and our ongoing partnership. We hosted powerful and effective panel discussions at various events throughout the year, including a huge fitness conference hosted by GoodLife Fitness and CanFit Pro.

As our work expanded, our need for consistent and dedicated partnerships needed to expand with us. SunLife Financial has partnered with Unsinkable for several years, as has GoodLife Fitness and the Lang Family Foundation. These kind of multi-year commitments allow us to take a longer term approach in our strategic planning, and offer our team greater stability, which in turn allows us to support our community.

We are so grateful to our Founding partners sponsors GoodLife Fitness and SunLife Financial, for their belief in us and their passion for our work. We are thankful to BDC and our charitable donors, without which our work would simply not be possible.

This year we were also joined in expanding our impact by Novas Group, Les Prétentieux and Propel Impact.

Grateful is the word I will finish on. Grateful for our team, board, our storytellers and community, and the many partnerships that feed our work. We have tilled the soil, fertilized and watered, and I am confident our tree will grow strong and straight in the coming years.

Grateful,

Silken

“Storytelling
remains at the
centre of
everything
we do”

A letter from Kate Nazar

Board Chair



“Together, we will continue to take small but meaningful steps to close the gap between broken and healing”

As Board Chair, I look back on 2023 with tremendous pride. Through the course of the year, Unsinkable continued to thrive with the support from our day-to-day team, Executive Director, countless volunteers, Advisors and Board Directors. It takes commitment, dedication, collaboration and a passion for making a difference to drive measured impact for our community and valued partners.

Mid year, the Board bid a fond farewell to our Interim Executive Director, Jennifer Elia, and we celebrated her numerous accomplishments during her time with Unsinkable. Jennifer was an incredible leader, a magnet for talent and at her core, a fierce mental health advocate. We know she will always be a lifelong friend and supporter of Unsinkable. A fast follow to our goodbye, was a warm welcome for our new Executive Director, Hailey Hechtman. Hailey drives for results and has wasted no time building a strong team around her. The Board has been impressed with her creativity, strategic thinking and her long term vision. She is well respected across the not-for-profit space and we're absolutely thrilled she chose to make Unsinkable her home.

With an emphasis on diversity of thought, skills and experience, we welcomed several new Board members through 2023. This includes Dr. Andrew Howlett, Jean-Pierre Zeelie, Theresa Jensen, Emma Sansfacon and Sigrun Watson. Our new Board members join existing Directors Asha Burry (Vice Chair), Kathy Cunningham (Treasurer), Donna Ferguson (Clinical/Programs) and Michelle Archer (MarCom). As we continue to grow and evolve as an organization, these Board roles require an immense amount of time and dedication. I am so grateful to each of them for showing up in so many wonderful and meaningful ways. My respect and admiration runs deep.

Since 2020, we have now shared over 300 stories and worked with hundreds of incredible storytellers. We have collaborated with 30+ Community Champions and supported their social initiatives and elevated their advocacy efforts. In 2023, through our online content, we made 360K impressions, had over 213K video views and shared over 800 posts. Our website had more than 10K visits, where viewers could meet the team, gain valuable resources, and read stories from a multitude of storytellers in the mental health space. From our online events, including the back-to-school webinar and various LIVEs on Instagram, we had 600 virtual attendees.

As we laid the groundwork to develop Unsinkable's first multi year strategic plan, we completed a comprehensive stakeholder engagement initiative to collect feedback from our community. We also extended our reach by engaging with over 50 community organizations, growing our presence and connections within the mental health space. These organizations are each impressive and offer a collaborative environment through a shared vision for driving societal impact.

As with many early stage organizations, there comes a natural time to usher in new leadership. In early 2024, we will welcome Sigrun Watson as the new Chair of the Board. Sigrun is an impressive leader who was deeply inspired by Unsinkable's mission. She will bring a fresh perspective to governance, fundraising and unique lived experiences to move the organization forward across our key strategic pillars. I will be there to support Sigrun's transition into the Chair role and remain steadfast in my commitment to lean in as a Board Director on an ongoing basis.

Leading the Board over the past 2 ½ years has been the privilege of a lifetime. In my final impact report as Chair, I wanted to share a recent personal experience. Late last year, I suffered the devastating loss of my incredible Mum, 12 days after a terminal cancer diagnosis. Numb and in shock, I could have never imagined the depth of my grief. I want to extend my heartfelt thanks to my Unsinkable family for their warmth and compassion during a very difficult time. But I wasn't surprised by this supportive environment. After all, this is what we do at Unsinkable. Together, we will continue to take small but meaningful steps to close the gap between broken and healing.

A letter from

Executive Director

Hailey Hechtman



2023 was a remarkable year of growth, alignment, and impact for Unsinkable as we continued to activate our mission to harness the power of storytelling to help bridge the gap between those struggling with their mental health and steps towards mental wellbeing.

Our fantastic former Executive Director Jen Elia started the year by solidifying Unsinkable's goals to build a strong foundation through the establishment of clear objectives for board committees, the recruitment of a new Executive Director, the evolution of our peer-support program Unsinkable Youth and so much more. Jen's work set the stage for many of the activations that would take place throughout the year and allowed for a smooth leadership transition.

The summer was a time of significant development for Unsinkable as we onboarded new team members to expand our program reach, launched Unsinkable Entrepreneurs alongside BDC to shed light on the unique mental health impacts of entrepreneurship and encourage business leaders to access resources to support their mental resiliency; and brought to life our first Program Advisory Committee.

Building a team of passionate, person-centered, and community-driven individuals from diverse backgrounds and coming from their own lived experience was a pivotal part of our evolution this year. I am so appreciative to have the opportunity to work with Keosha, Maria, Mikaela, Sarah, Saara Mihin and Taylor each day as together we continue to creatively envision the future of Unsinkable across Canada.

In addition to the internal team, we brought on several experts to support our committee work this year to further enhance our capacity, foster sustainability and ensure that we are continuing to center an evidence-based approach into our ever-adapting program model. Our Program Advisory Committee composed of clinicians with specializations across the mental health field supported us in reviewing our program delivery, exploring new program priorities, and setting the stage for the future of our impact. Our Fundraising & Major Gifts committee was expanded to help us further articulate our case for support and grow our network across Canada.

Another key milestone of 2023 was designing our 3-year strategic plan. This began with several internal team reflections to get clear on our unique value proposition and on the change that we are looking to bring about in the world through our work. Knowing that the voice of our community is critical for nurturing programs that meet the mental health needs of young people and their families across the country, we circulated a stakeholder engagement survey across our ecosystem in November to get real-time feedback on our strengths, areas to build on and opportunities to further maximize our impact. This data was remarkably important in helping us to identify the keys strategic priorities heading into 2024 and beyond: cultivating community, amplifying diverse voices, embracing thought leadership, fostering sustainability, and demonstrating impact.

As we embark on this new year, we are thrilled to begin actioning our strategic plan and embodying our next chapter as an organization. Ahead for Unsinkable we will be further evolving our program delivery with an unshakeable commitment to the power of storytelling not only to encourage people to access support but to empower them to see their own story differently. By engaging with our community to utilize story to grow their self-awareness, mental resiliency, and compassion, we can truly bring to life our vision to create a more compassionate, informed, and inclusive Canadian society where mental health is embraced and understood as an essential aspect of overall wellbeing and actively supported within community.

“I strongly believe that telling authentic, human, non-linear stories of mental health is such a critical way to help people feel seen, encourage them to seek support and ultimately connect them to a supportive community.

I am passionate that by modelling these conversations as an organization inside and out, we can empower deeper dialogue across Canada and embolden people with the courage that they need to take the next steps in seeking help”

A letter from Jennifer Elia

Interim
Executive Director



In the first half of 2023, our main focus was transformation. Driven by our purpose to connect people through shared stories, we evolved our structure and programs to reach more people on their mental health journey. This evolution clarified Unsinkable's role as a leader in mental health storytelling, attracting more participants to the movement. Passionate, diverse, and influential people of all ages and life stages worked with us to understand the purpose and define how they could contribute.

This collective energy fuelled Unsinkable to initiate conversations on grief, launch Unsinkable Entrepreneurs, pilot Unsinkable@Work, and strengthen our Board and team.

Helping to establish a strong foundation for Unsinkable's future impact has been personally rewarding and a career highlight. I am excited to see Unsinkable gain momentum as a positive force for change in mental health.

“I am excited to see Unsinkable gain momentum as a positive force for change in mental health.”



Our Team

Empowering minds, fostering resilience: Our small but mighty team at Unsinkable is driving impactful change through innovative mental health initiatives.



HAILEY HECHTMAN
Executive Director (June-
Present)



MARIA ESTRADA
Program Manager, Unsinkable
Youth



TAYLOR LAWRENCE
Executive Administrator



SAARA MIHRIN
Program Manager, Unsinkable
Youth & Community
Engagement



MIKAELA BREWER
“Braving the Waves” Podcast
Host



**THAISA MATIAS DE
PAULA**
Video Manager (Uncut Creatives)



KEOSHA LOVE DWYER
Program Manager,
Storytelling



JENNIFER ELIA
Executive Director (2022-2023)

Our Partners

Together, we are connecting, empowering, and educating people so they can lead healthy and fulfilling lives. Without our partners, supporters and donors, we would not be able to do what we do.

CHAMPION PARTNER



- Back To School Campaign
 - Nikita Baxi
 - Marcus Smith
 - Jama Maxie
 - Arissa Roy

FOUNDING PARTNER



DONORS AND SUPPORTERS



THE LANG FAMILY FOUNDATION



SHIFT



Storytelling

Providing the community with a diverse collection of genuine, relatable, and motivating narratives about mental health, aiming to let people know they are not alone in their experiences. Our storytelling program empowers community members to persist on their mental health journey, in turn motivating others to recognize their own capabilities and embark on a similar path of self-discovery.

In 2023 we...

worked with
20+
storytellers

published
17
stories



Stories



AN UNSINKABLE VOICE TO FOLLOW Kenny M'Pindou

“And sometimes, we need a voice to follow — one that can’t drown no matter its stutter. I will be that unsinkable voice.”



UNSINKABLE RESILIENCE & THE IMPORTANCE OF SELF-CARE RAISING NEURODIVERGENT CHILDREN

Jan Stewart

“If I can do it, you can do it: it just takes grit, determination, perseverance, and a will to succeed.”



MY DEPRESSION ERA Dancia Susilo

“What does being “unsinkable” mean to me? It means brace the currents and fight for what you believe in, even when you feel like you’re drowning. It’s to leverage your struggles and light the way for the people who struggle after you.”

Community Champions

Supporting a diverse and insightful group of **mental health advocates** who are passionate about sharing their **lived experiences**, to help bridge the mental health gap and increase access to community support.

By actively demonstrating the steps they are taking on their **mental health journey**, Champions empower others to make a change and start taking steps forward.

In 2023 we...

★
worked with
27
Champions

★
Supported
14
Initiatives

Featured Initiatives



SURVIVING ADDICTIONS

Chris Cull

Chris is the creator of **Surviving Addition** - an interview series that highlights the real people who are impacted by addiction and the lenses through which they experience it. In this series, we learn of the humanity of those that addiction has touched and the profound lessons learned through their experiences.



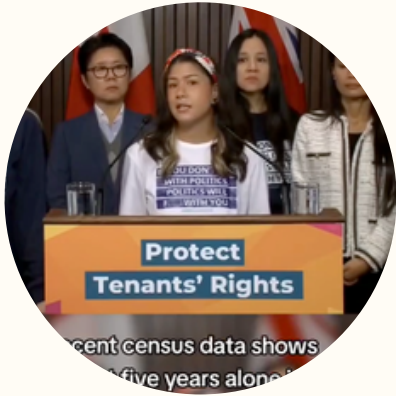
RIDE FOR CHANGE

Matt Devine

Over 100+ days, **Matt conquered Canada**. Matt completed an astonishing **13,000 km journey** by bike to benefit children and bring awareness to the correlation between movement to achieve health and wellness.

Continued on next page

Featured Initiatives



NO DEMOVICTIONS

Megan Kee

Megan's initiative "No Demovictions" aims to bring awareness to tenant's rights and ensure people are treated with the respect they deserve. Megan brought awareness to this issue at a Provincial level, advocating against profit-driven demovictions through education, organization, and action towards policy change.



MOVEMBER

Ryan Forsyth

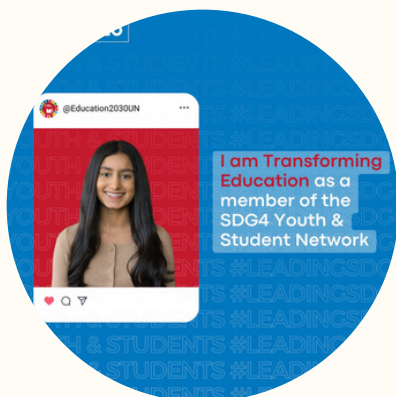
Ryan was on a mission this Movember to grow a sweet 'stache and raise awareness and support for mental health. He made a positive impact and raised over \$500 for Unsinkable!



CRISIS EMERGENCY SERVICE

Asante Haughton

Asante used the power of his voice and helped bring to life a mental health crisis emergency service in the Toronto area.



UNESCO

Arissa Roy

Arissa joined the Youth and Student Network (UNESCO). UNESCO launched the SDG4Youth network for youth and students to take action, ensuring education remains at the top of the global political and social agendas.



Impact Statements From Our Champions

MIKAELA
BREWER

“We’re role models who aren’t afraid to fumble (ie. just because we’re advocates doesn’t make us immune to struggle, and we’re open about this! It comes back to challenging the message that “you can’t struggle with what you’re supposed to be an ‘experienced expert’ in.” Being a Champ, to me, is embodying this while advocating!”

MEGAN
KEE

“Unsinkable provides a platform for people to see and be seen. They platform and champion vulnerability, which gives readers an intersectional understanding of the subtly and nuance of mental health experiences. I am so grateful for the role that they have played, and continue to play, in my journey.”

PAMELA
FITZGERALD

“Unsinkable has helped me discover and understand my own mental health from the Unsinkable perspective. That’s been amazing. Unsinkable has given me so many opportunities to speak and it has been my connection to learning about mental health and being connected to really inspiring individuals and helping to keep me inspired as well. It’s kept me connected to advocacy and inclusion and awareness and mental health. Unsinkable is extremely important to me and I’m really really grateful to be part of it.”

Unsinkable Youth



Unsinkable Youth aims to support and develop diverse groups of youth into becoming agents of change, by harnessing the power of their own mental health stories and experiences.

The percentage of Canadians aged 15 years and older who met the diagnostic criteria for a major depressive episode, bipolar disorder, and generalized anxiety disorder has increased in the past 10 years.

Mental Health and Access to Care Survey 2022

Among those who met diagnostic criteria for a mood, anxiety, or substance use disorder in the 12 months before the survey, 1 in 3 reported unmet or partially met needs for mental health care services.

Mental Health and Access to Care Survey 2022

High prevalence of depression, anxiety and posttraumatic stress disorder among young adults, Indigenous people and 2SLGBTQ+ individuals. Young adults aged 18-24 were most likely to report moderate to severe symptoms of depression (44%), anxiety (25%) and PTSD (15%).

Statistics Canada Feb-May 2023

SELF CONFIDENCE

SELF ADVOCACY

DIGITAL ADVOCACY

COMMUNITY ADVOCACY

LIVED EXPERIENCE

In 2023
we worked with
51 Youth
and
17 Facilitators

- Weekly groups
- Youth Council
- Virtual Socials
- Impact Projects



Unsinkable Youth embody the principles of community involvement, inclusivity, a strengths-focused approach, and commitment to advocacy.

We believe in fostering a sense of belonging and empowerment, where every youth plays a crucial role in shaping their collective journey.



Impact Statements

From Our Youth & Facilitators

"Being a facilitator with Usinkable actually turned out to be something more than I had expected. I joined because I wanted volunteer experience, so I expected it to be another responsibility that would be added to my plate. But once I started to attend the meetings and began to facilitate the meetings, it ended up turning into another safe place in my life. Im not just saying this just because I'm part of unsinkable, but I really look forward to the meetings that we have. Sometimes they can be fun, other times they're more serious, but each time it's a comfortable space.

I really enjoy being a facilitator because I get to talk to more people, which really pushes me to get out of my very (very) introverted bubble. I like that I get to talk to the team and participants each week and especially love the check-ins. It gives me a better perspectives on others lives which was one of the reasons I wanted to join. Other than gaining the experience that I want, I'm also gaining new friends along the way."

Mariela Ruiz (Facilitator for 19-26 youth group)

"I enjoy having a tight knit community of people that I can come together with and de-stress"

"I loved getting to know the facilitators and sharing stories"

"It was great meeting likeminded people as well as getting to learn about how to be a better leader through the training modules"





Impact Statement

“Guiding and connecting with the incredible young individuals in the Unsinkable Youth group has been an enriching experience that has left a permanent mark on my professional and personal life. From the very first session, I witnessed the power of peer support in fostering a sense of belonging and understanding among our youth participants.

Creating a safe and inclusive space, we embarked on a collective journey of growth, resilience, and self-discovery. The camaraderie that flourished within our group became the cornerstone of our shared experiences. As a facilitator, my role extended beyond providing guidance; it became a dynamic exchange of ideas, perspectives, and genuine compassion. Witnessing the group members supporting one another through challenges and celebrating victories, big and small, has been profoundly inspiring. The resilience and courage displayed by these young minds have taught me valuable lessons in empathy, patience, and the importance of active listening.

Our discussions covered a spectrum of topics, from navigating personal struggles to building a positive mindset and developing crucial life skills. Together, we created a community of mutual respect and understanding, fostering an environment where everyone felt valued and heard. It's a testament to the strength of our community that we were able to cultivate an atmosphere where vulnerabilities could be shared openly without judgment. The impact of our peer support group extends far beyond the meeting room. I have witnessed personal growth, increased self-esteem, and the formation of lasting friendships among our participants. Knowing that I have played a part in facilitating these positive changes has been immensely rewarding. It is with deep gratitude and enthusiasm that I continue to support and uplift the incredible young minds within our community, knowing that together, we are making a lasting difference in each other's lives.”

Spencer Metcalfe (Facilitator for 19-26 youth group)



Impact Statements

From Our Community

What is Unsinkable to you?

“It gives a chance to others to express themselves, relate, engage and network with others regarding their experience and how they can make an impact in other people's world and bring more awareness. Most importantly that they are not alone and there's a village of supporters”

“Mental health storytelling as a catalyst for critical, life saving conversations, stigma reduction, and the promotion of validated tools & support”

“Critical - showcasing the stories of people we look up to, who also happen to face mental health challenges, is critical to reduce the stigma around mental health and for us to feel comfortable sharing our own stories and struggles”

“I think the focus on storytelling to draw in new community members is a brilliant way of humanizing and destigmatizing mental health as an entry point”

“The storytelling platform lends itself so well to helping normalize conversations around mental health”

Unsinkable Online

Through the use of social and digital media, we educate, empower, and connect people across the globe.

GRIEF EVENT - JAN 2023

Aimed at harnessing the power of story to ignite conversations around the spectrum of grief and in turn, educating the community, challenging stigmas, and spotlighting the supports available to **help young people**.

REACHED
269K PEOPLE

ENGAGED
10K PEOPLE

GAINED
145 FOLLOWERS

FUNDRAISER CLICKED
320 TIMES

LAMPLIGHT EVENT - MAY 2023

Led by **Community Champion, Mikaela Brewer**, this event explored the mental wellness of **mental health care providers**. The purpose of this event was to gain an understanding of needed resources and conversations, and to break the stigma that mental health care providers can't struggle with what they're supposed to be "experts" in.



BACK TO SCHOOL MENTAL HEALTH EVENT - SEPT 2023

A **youth-led mental health event** that harnessed the power of story to ignite conversations around the relationship between mental health and back-to-school transitions. This event and storytelling campaign, led by **Community Champion, Marcus Smith**, will educate the community, challenge stigmas, and spotlight the supports available to help youth at all school touch points.



UNSINKABLE@WORK - MAY 2023

GEOTAB employees and the Unsinkable community, including **Community Champions Jennifer Elia and Ryan Forsyth**, engaged in a candid discussion about mental health in the workplace



UNSINKABLE ENTREPRENEURS - JUNE 2023

In collaboration with BDC, we're spotlighting the mental health stories of **#UnsinkableEntrepreneurs** to provide hope, comfort, inspiration, and empowerment to **#BridgeTheGap** between needing and receiving support. By sharing their personal stories about mental health challenges, entrepreneurs can support each other.



THOUGHTS ON RECORD - JULY 2023

Strength in Vulnerability & the Power of Storytelling

Four-time Olympian, speaker & author, Silken Laumann, joined Thoughts On Record for a very special discussion where we cover topics including why Silken has taken such a strong stance around being vulnerable in sharing her story and how it informs the ethos of her charity, Unsinkable.



SHIFT COLLAB - DEC 2023

Throughout December, we fused @theshiftcollab's **clinical knowledge** with @unsinkablestories **storytelling** capabilities to bring all things reflection.

7 Ways To Support
Your Mental Health
Using Self-Reflection

Social Media



INSTAGRAM LIVES

Live chats hosted by mental health advocates, experts, team members and influencers. Through candid discussions, personal stories, and expert advice, these live sessions provide a unique space for individuals to connect, relate, and find solace in shared experiences.

Topics:

Disordered Eating

Masculinity & Mental Health

Gratitude

Mental Illness

Grief

Athletic Identity & Mental Health

*“When I am going through something and check Unsinkable's IG, I feel that I am **part of a community**, I am **not alone**, there are people who are on similar journeys and **it is okay not to be okay**”*

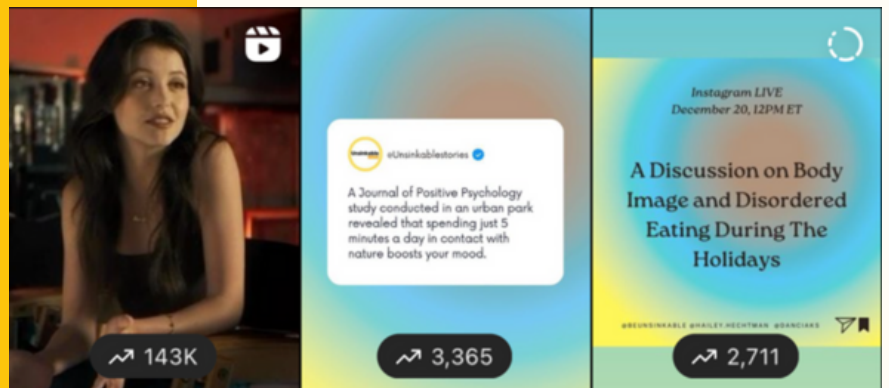
ACROSS ALL PLATFORMS

SHARED
800+ POSTS

REACHED
11,000+ ACCOUNTS

MADE
380K+ IMPRESSIONS

GAINED
24,000+ VIDEO VIEWS



In Person Events

KBI INSPIRES MAPPING FUTURES MAY 2023

Mapping Futures brought young people from diverse backgrounds together for a live podcast event that included youth artists, poets, singers, and other creatives to reflect on managing anxiety about the future. A pre-event workshop with **Unsinkable ED, Hailey Hechtman**,



BREAKING BREAD WITH CHANGEMAKERS DEC 2023

Fuel and Unsinkable collaborated on their first "Breaking Bread" Lunch and Social for mental health advocates, therapists and wellness leaders. For this lunch, we gathered 20 diverse folks to honour their work, foster connections and break bread together. The event was full of laughter, ways to support each other and how they can also prioritize their own mental wellness in the new year.

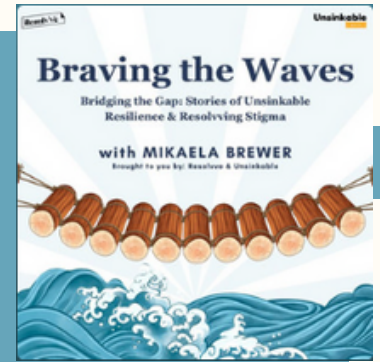


Braving the Waves Podcast

Unsinkable

X

Resolve



Inspired and guided by the powerful advocacy, care, and storytelling legacy at Resolve and Unsinkable, the **Braving the Waves podcast** features two seasons hosted by Community Champion and Storyteller, **Mikaela Brewer**:

SEASON 1 JUNE - OCT 2023

Braving the Waves featured a series of storytelling-focused conversations with youth and adults in our communities. Mikaela spoke with some of today's most empowering young storytellers, writers, musicians, comedians, activists and more about their mental health journey in a deeper, refreshing way. **Guests included:** Noah Tile, Lauren Urie, Stephen Sharpe Jr., Angelica Galluzzo, Hailey Hechtman, Rohit Doel, Jan Stewart, Ryan Forsyth, Pamela Fitzgerald, Kelli Chu, Arielle Bradberry, and Stephanie Celso.

216

listens
across
13
episodes

SEASON 2 OCT 2023 - TODAY

Season 2 added a new layer to storytelling. To complement the programs at Unsinkable & Resolve's work supporting students, this format offers another way to Brave the Waves: crafting words for moments that feel like they don't have any, especially for those who don't feel comfortable writing, speaking, or publicly sharing. Each week, Mikaela gathers anonymous voice notes, memories, journal entries, photos, drawings, and anything that **captures a specific, meaningful moment**, through a memory box form. She then creates a poem and episode to offer a comforting way to pause in a moment, preserve a memory, and feel seen/heard in it as it's given words and read aloud. Participants are also able to share writing/audio files that they'd like used verbatim.

105

listens
across
8
episodes
to date



Looking ahead to 2024

Key strategic priority areas include: cultivating community, amplifying diverse stories, embracing thought leadership, fostering sustainability and demonstrating impact.

Launching a hybrid version of Unsinkable Youth with Just Be You to deliver in-person peer support programming to youth 16-26 in Oakville, ON

Evolving our storytelling program to focus on monthly themes in order to engage new storytellers, share more diverse experiences and encourage self-reflection on topics that intersect mental health and many other aspects of our community.

Embracing our role as an amplifier in the mental health ecosystem across Canada, by hosting partner spotlights, building a greater platform to share the work of our community champions and by collaborating on events, projects and gatherings that serve as a bridge between lived experience and clinical supports.

Expanding our reach in Quebec in order to share Unsinkable's brand and amplify resources within our French-speaking community.

Join the **Unsinkable** Mental Health Movement today