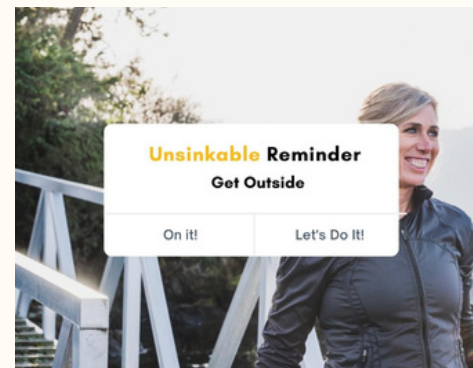


# 5 years of Unsinkable Est. 2019

Since 2019, Unsinkable has been using storytelling to help #BridgeTheGap between struggling with mental health and taking steps towards mental well-being



Unsinkable



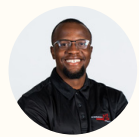
Unsinkable  
Youth

# OUR PROGRAMS

## Storytelling

Providing the community with a **diverse collection of genuine, relatable, and motivating narratives** about mental health, showcased as written stories, video interviews, poems, and other creative mediums. Our storytelling program has recently evolved to include our **French-speaking community**.

Since 2019 we have published **300+ stories** written by passionate **storytellers**



### AN UNSINKABLE VOICE TO FOLLOW

Kenny M'Pindou



### MY DEPRESSION ERA

Dancia Susilo



## 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.

Since 2019 we have worked with **40+ Champs** and supported **100+ initiatives**

## Unsinkable Youth

Unsinkable Youth are educated, heard, and encouraged. Impactful group content is created by listening to the youth.

In the past 5 years we have evolved into hybrid **virtual** and **in-person youth groups**, empowering more youth than ever.



Since 2019 we have worked with **100+ youth** and **40+ facilitators**

# Partners, Donors & Supporters

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.



# Board of Directors & Advisors

In the past 5 years, Unsinkable has undergone significant growth, particularly within our Board of Directors. The Board has flourished into a group of 10 passionate individuals, each bringing unique perspectives and expertise to the table, allowing us to broaden our reach and enhance our impact in the mental health world.

Our dedicated Advisors oversee the following committees: Fundraising & Major Gifts, Marketing and Communications, Governance, Programs, Finance, and Program Development from a clinical lens.

# Team & Volunteers

Our hard-working internal team has evolved into a dynamic force for change in the realm of mental health advocacy. Spearheaded by a dedicated Executive Director, our ensemble of program managers, social media and marketing gurus, and fundraising specialists, amongst others, have worked tirelessly to elevate our mission and expand our impact.

We are also grateful for the support of our volunteers who strengthen Unsinkable's impact through supporting in areas such as translation, social media content creation, group facilitations, and more.

# Founder

Without our fearless Founder, Silken Laumann, Unsinkable would not be the organization it is today. Silken works tirelessly to ensure Unsinkable continues to inspire, empower, and uplift individuals facing mental health challenges, fostering a community of support and resilience.

# Unsinkable Online

Through virtual and in-person events, we continue to educate, empower, inspire and connect people across the globe.

CAN FIT PRO PANEL - 2020-2023

#BRIDGE THE GAP CAMPAIGN - 2022

#SOCIAL FOR GOOD CAMPAIGN - 2022

GRIEF EVENT - 2023

LAMPLIGHT EVENT - 2023

BACK TO SCHOOL EVENT - 2023

UNSINKABLE@WORK - 2023

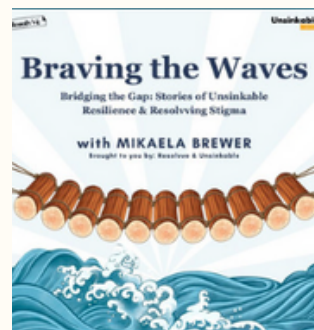
UNSINKABLE ENTREPRENEURS - 2023-2024

SHIFT COLLAB - 2023

BRAVING THE WAVES PODCAST - 2022-2024

FUTURE OF GOOD

CHANGEMAKER WELLBEING SUMMIT- 2023



# In-Person Events

KBI INSPIRES MAPPING FUTURES - 2023

BREAKING BREAD WITH CHANGEMAKERS - 2023

CAMH WOMENMIND EVENT - 2023



# Words From Our Community

I truly believe that the work that Unsinkable has done and is doing to encourage conversation and access to supports for mental health through storytelling is both impactful and authentic. By empowering people along their mental health journeys to speak about their ups and downs, their lessons learned and their moments of resiliency, we not only make it safe for others to feel comfortable doing the same but we provide the storyteller with the opportunity to meaningfully reflect on their strengths and how far they have come. Stories have the power to heal. They help us feel seen, they remind us that we are not alone (no matter how isolating our experience feel) and ultimately, they give us the courage to respond to our needs by reaching out for help in whatever form aligns best. I am proud to have shared my story with Unsinkable and to now be part of the team that is bringing to life the next chapter of our work in the mental health ecosystem across Canada.

**Hailey Hechtman, Unsinkable ED**

For so many of us, myself included, the past five years have been breathtakingly challenging. We've experienced collective pain, grief, isolation, and instability (among much else) at an unprecedented scale. Yet, via virtual spaces, we've also been more connected than ever before; unfortunately, not always in supportive ways. Social media, in particular, has been demonized (for many very valid reasons!), but there are nourishing digital spaces out there...

Unsinkable has been a community that helped me see the difference between breaking apart and breaking open. Whether as a storyteller, community champion, or team member, I've been able to break open rather than apart because Unsinkable's people, programs, and community have been there to patch cracks, bridge gaps, and redefine what safe digital care and support can look like. And I know this will only continue to grow. :)

**Mikaela Brewer,  
Champion, Storyteller, & Podcast Lead**

Happy 5th birthday Unsinkable! To me, this is a celebration of courageous storytellers on their mental health journey, as well as the implication of so many caring and talented contributors towards its mission. To many more ❤️

*Unsinkable invite à connecter via des témoignages remplis d'humanité et amplifie l'impact des ressources disponibles en santé mentale dans vos communautés. Aussi simple que cela puisse paraître, j'ai pu voir cette étincelle en action et il y a de la place pour beaucoup plus.*

**Emmanuelle Sansfacon, Unsinkable Director**

I have been working with Unsinkable since 2019. I initially joined as a storyteller and champion, but I am now the program manager for Unsinkable Youth. Throughout my time with Unsinkable, I have had many memorable moments, but one that stands out is my first conversation with Silken she expressed how impactful my story was and encouraged me to share it to inspire others. This moment left me feeling empowered and hopeful. Unsinkable has always empowered me to be my best self. I have always felt supported and accepted by the Unsinkable community, especially during tough mental health days.

Unsinkable has achieved something truly remarkable by providing a safe platform for individuals to share their stories without fear of judgment. I've had the pleasure to witness the incredible growth and expansion of Unsinkable from the very beginning. I am continuously inspired by the dedication of the Unsinkable team, volunteers, community champs, and our incredible community and partners who believe in our mission. But most of all, it is the youth who truly inspire me with their authenticity and courage. Thank you to everyone who is a part of this amazing journey

**Maria Estrada,  
Champion, Storyteller & Program Manager**

The first 5yrs of Unsinkable brought together a multitude of passionate and committed volunteers to support Silken's vision. When a community comes together our impact knows no bounds. I can't wait to see how we can support mental health in Canada as our approach to storytelling and youth programming evolves. Happy Birthday Unsinkable!

**Kate Nazar, Unsinkable Director**

# Unsinkable

Your support is the heartbeat of our mission. Together, we can create lasting impact and change lives.

**Join us in making a difference today.**



**DONATE**  
**NOW**

