

# Unsinkable



Unsinkable is a charitable organization founded by 4-time Olympian **Silken Laumann**.

Unsinkable **humanizes** the way people access and experience **mental health support**. We use storytelling to help people **bridge the gap** between struggling with their mental health and taking steps towards mental well-being.



*In everything we do, there is an aspect of lived experience to help others heal and know they are not alone.*



- Unsinkable Community Impact Lead

## UNSINKABLE IS ...



### Digital-first

We connect, listen, and transfer knowledge.



### Inspiring & Supportive

We provide hope and help 365 days a year, through the power of lived experience.



### Inclusive & Accessible.

Evidence-based, clinically sound programs, resources, and events.

**RESILIENT**

**FORWARD  
THINKING**

**HOPEFUL**



# OUR PROGRAMS

## COMMUNITY CHAMPIONS PROGRAM

Community Champions are the **leaders of our mental health movement towards educating, connecting, and empowering people**. They have gone through our storytelling program and shown tremendous commitment in the field of mental health advocacy. We support Champs in accomplishing their mental well-being goals as ambassadors of the Unsinkable community.

## YOUTH COUNCIL PROGRAM

Unsinkable Youth Council is an **after-school mentorship program** for youth who are passionate about mental health, well-being and social advocacy. The younger and older youth councils connect regularly to collaborate on projects that impact Unsinkable Youth. These **youth are supported and encouraged to take on leadership roles** in their community and with the councils.

## STORYTELLING PROGRAM

Unsinkable Storytellers work with our program manager, where they are **supported, encouraged and mentored to share their unique perspectives and lived experiences**.

## DIGITAL PORTFOLIO

Unsinkable is Digital-first. We use our online channels to **connect, listen, transfer evidence based knowledge, and help create direction** on what steps to take to improve mental well-being.

 [@Unsinkable](#)

 [@Unsinkableyouth](#)

 [@Unsinkable](#)

 [@Unsinkablestories](#)

 [@Unsinkableyouth](#)

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## #BRIDGETHE ——— GAP CAMPAIGN

Help Unsinkable **raise \$100,000** by September 1, 2022 to meet individuals where they are at on their mental health journey.

Every dollar donated will go directly towards Unsinkable Programming to provide our community with the resources they need and deserve.

