

Over time DRA has witnessed the power and positive impacts on volunteer wellbeing whilst helping others in their time of need. In 2022 DRA commissioned the Wellbeing Study to better understand this phenomena.

Funded by a Movember Foundation research grant and led by the South Australian Health and Medical Research Institute (SAHMRI), the Study focused on more than 700 DRA volunteers to explore if service in DRA leads to improved mental health and wellbeing. The Study was finalised in February 2024, and the data illustrates that:

- Volunteering with DRA has significant benefits for mental health and wellbeing.
- Deployments provide a unique setting to support wellbeing, bolstering self-worth through positive engagement.
- DRA'S support of wellbeing is unique from mainstay interventions as is demonstrated in DRA's Wellbeing Model.
- DRA's Wellbeing Model clearly demonstrates the path by which DRA supports and improves mental health and wellbeing, reducing the risk of developing illness.

Please turnover to see the key activities that drive wellbeing for DRA volunteers.



Scan to connect with the DRA membership team



Scan to find out more about DRA's Wellbeing Study



Project Partners







DRA's Wellbeing Model

optimism, enjoyment, and competency). These drivers help protect people from serious illness and behaviours (such as suicide). DRA's Wellbeing Model illustrates that DRA activities map primarily onto drivers of wellbeing (belonging, purpose, self-worth,

LEVEL 1

DRA activities that support wellbeing

LEVEL 2

Promotion of positive

mental health drivers

LEVEL 3

Improved mental health over time

Deployments create a positive environment that facilitates:

Active Volunteering

Being physically active and helping others in times of need

Connection

Socialising with like-minded people and connecting to positive role models

DevelopmentFormal and informal upskilling

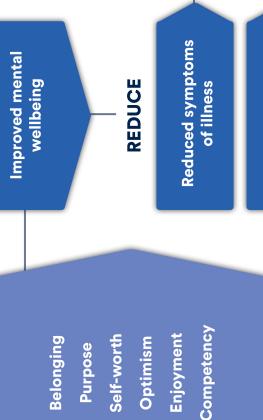
Recognition

leading to improved competency

Being recognised for contribution of valuable skills, supporting positive reframing of past experiences.

Supportive Conversations

Detecting early warning signs by wellbeing officers.



LOWER RISK OF SUICIDE

Monitoring for antecedents of mental illness

developing illness

Reduced risk of