



**WHAU MENTAL HEALTH
RESEARCH FOUNDATION**
Growing Knowledge, Changing Lives



Thank You for Considering a Gift or Legacy

We deeply appreciate your interest in supporting the Whau Mental Health Research Foundation and advancing mental health initiatives in Aotearoa.

There are two ways to contribute. Each offers a unique opportunity. We invite you to choose the one that resonates most.

A Gift in Your Will

Include a charitable gift in your will to ensure your commitment to mental health research will make a difference to future generations.

A Living Legacy

Make a significant gift during your lifetime in line with your values and vision and witness the immediate impact of your support.

*Create lasting
impact with a
gift that cares
for the mental
health of future
generations.*

Leave a Legacy: A Gift in Your Will

Leaving a gift in your will – also known as a bequest – is a powerful way to support the causes you care about.

A gift in your will is a significant donation. It's a way to reflect your values, honour your life's journey, and create a ripple effect of positive change for future generations.

Your legacy will help fund much needed mental health research and innovation to improve mental health and wellbeing.

It's a deeply personal and generous decision – one that ensures your compassion will be remembered and celebrated.



Why Having a Will Is Important

Having a will is important because it ensures that your wishes are clearly documented and legally upheld after your death. It gives you control over how your assets are distributed, allows you to provide for loved ones and the causes you care about, and helps reduce stress, confusion, or conflict for those you leave behind.

A will is a simple way to state your wishes clearly and give you peace of mind.

Ways You Can Leave a Gift in Your Will

You can leave a set amount, a percentage of your estate, a valuable item (like property or shares), or what remains after other gifts are distributed.

Residual gift: A percentage of your estate after other bequests are fulfilled. For example 10% of your estate.

Specific gift: A set amount of money, property, or valuable items.

Contingent gift: A gift dependent on certain circumstances, like other beneficiaries predeceasing you.

Every gift, whatever size, will make a difference.

How to Include Whau Mental Health Research Foundation in Your Will

Including a charitable gift in your will is simple. An example of the wording that you could use in your will is:

"I give to the Whau Mental Health Research Foundation, registered charity number CC10497, free of all duties [a specific sum / X% of my estate / the residue of my estate], to be used for its general purposes, provided that if that charity has been amalgamated with another charity such gift will not fail but my Trustees shall pay it to the amalgamated charity."

We recommend that you discuss with a legal professional to ensure that your wishes are clearly documented.

Why Choose Whau Mental Health Research Foundation?

Since 1967, the Whau Mental Health Research Foundation has dedicated its efforts to advancing mental health outcomes through:

Pioneering Research: Funding the brightest minds to explore innovative approaches to understand and treat mental health conditions.

Fostering Innovation: Supporting cutting edge projects that push the boundaries of mental health science and care.

Advocacy for Change: Championing policies and awareness that drive meaningful improvements in mental health support and understanding.

Can I Support a Specific Area of Mental Health?

Many people choose to support an area of mental health that's personally meaningful – such as youth mental health, anxiety, depression, or schizophrenia, for example.

While we can often honour these wishes, it's important to speak with us first to ensure we can responsibly manage your gift as intended, now and into the future.

Let Us Thank You

If you choose to leave a gift in your will, please let us know – we'd love the opportunity to thank you and, if you wish, formally acknowledge your generosity. It also means we can share the impact of your support with your loved ones in the future, if you wish it. We fully respect those who prefer to remain anonymous.

Contact Us

We appreciate your thoughtful consideration of this lasting legacy.

If you'd like to discuss leaving a legacy gift or have any questions, please contact us at info@whaufoundation.org.nz

Prefer to Make an Impact Sooner? Give a Living Legacy

Some people prefer to see how their gift is used for research during their lifetime.

Making a significant gift while you are alive gives you an opportunity to support a specific mental health initiative in an area that is close to your heart, whether that's youth mental health, anxiety, depression, minority groups, or an area that feels meaningful to you.

A major gift of \$30,000 or more is considered a living legacy. This is different from a one-off donation or bequest. A living legacy is a substantial contribution that enables you to make a direct, lasting impact during your lifetime. You may specify how your contribution is to be used, which enables you to direct funding towards specific mental health research. We collaborate closely with you to ensure your gift aligns with your values and creates meaningful change now and into the future.

Giving during your lifetime means:

- You can witness the difference your gift makes while you are alive
- You can collaborate with us to establish a legacy that embodies your values and vision, such as a scholarship or a targeted mental health initiative
- You can inspire others with your generosity

If you're considering a living legacy, we'd love to work with you to ensure your support is meaningful, well-managed, and aligned with your values.

Pictured: The El Camino trail walked by Lillian Ng

Paving the Way Forward



“I will be gifting a living legacy to fund Asian mental health research. I like the idea of contributing in my lifetime and seeing what difference it makes. I hope the funding will inspire fresh ideas and talent and that the spirit of inquiry that shaped my life will live on in others.”

**- Lillian Ng, Whau Foundation
Research Grant Recipient 2021**

Contact Us

Please feel free to email
info@whaufoundation.co.nz
to discuss leaving a gift in your
will or a living legacy.

