THE ISSUE

Right now, 1 in 4 young Australians are living with a mental health difficulty. But there's an even bigger problem: 70% of those who need help don't get it, and suicide remains the leading cause of death for young Australians aged 14–25 years. That means more young people die by suicide each year than by road accident, cancer, or acts of violence.

OUR RESPONSE

The majority of mental health difficulties start before the age of 24, and after friends and family, the internet is the first place young people turn to for support and information. ReachOut Australia makes sure that help is there, where and when they need it. And you can help too.

AN **IMPACTFUL** PARTNERSHIP

Research shows that 80% of employees believe that having a workplace giving program makes their company a better place to work. Not only that but a partnership with ReachOut demonstrates your commitment to a happy and healthy workplace. You will help us reduce the incidence of mental health issues and help thousands of young people everyday, all while increasing employee pride and esteem for your company.

EXAMPLES OF THE COLLECTIVE IMPACT OF DONATIONS

*Examples assume each employee gives just $5 a week

> 20 employees
($5,200pa)

Will ensure that **2,600** young people have the tools they need to get through their tough times.

> 50 employees
($13,000pa)

Could fund **targeted campaigns** that focus on specific issues that are known triggers for mental ill-health like exam stress, relationships and bullying.

> 100 employees
($26,000pa)

Can fund three youth involvement **workshops** for up to 60 young people who will learn leadership skills, be trained to drive peer-led conversations and keep our online forums safe.

EXAMPLES OF WAYS YOUR IN WHICH YOUR STAFF COULD BE FURTHER ENGAGED

▶ Lend your skills and expertise

▶ Be involved in projects

▶ Have our Youth Ambassadors or other staff speak at your events

▶ Attend Wellbeing@Work seminars

▶ Volunteer and participate in nationwide events individually or as teams

▶ Receive regular updates on how your support is making a difference

▶ Be recognised on our website and in our annual report

REACH OUT.com

For more information:

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Helping all young people be happy and well

WE ARE CHANGING THE ONLINE MENTAL HEALTH SPACE

About Us

ReachOut.com is Australia's leading online youth mental health service and is accessed by more than 110,000 Australians each month. Available 24 hours a day, 365 days a year, ReachOut provides practical information, tools and support to get young people through everything from everyday troubles to really tough times.

All About Young People

When asked why they liked ReachOut.com and our services, young people around Australia had this to say:

"The sense of community that you have managed to achieve in an online space is truly phenomenal. I love that you can say what you like on it, **and be YOURSELF** in a space that allows you to, especially when you don't have the confidence to do so in the real world."

– 15yo male NSW

"I get general information and answers from real people. I feel normal and like there are other people going through similar things. **I don't feel alone**."

- 21yo female QLD

"The way it feels like it's by young people for young people. **It covers the important stuff** without being too serious about it and generally gives you options to take action."

– 19yo female WA