

## Ensuring brighter futures

A bequest in your Will is a lasting gift which embraces the values you live, and the people and causes that are important to you.

It provides an opportunity to honour a loved one, or to permanently link your own life with our work.

We believe that every young person has something special to give to the world, and, your legacy can help to create bright and healthy futures for more young people.

ReachOut.com is Australia's most accessed online youth mental health service targeting 14 to 25 year olds.

Through research, education and designing with young people, we deliver accessible online tools and support to:

- prevent and reduce mental health problems;
- increase awareness and reduce stigma; and
- empower young people to improve their mental health and wellbeing.



*"It's made me realise that I'm definitely not the only person that goes through the same things as me... It was also the reason that I decided to finally go and get counselling... if it wasn't for ReachOut.com there is no way on earth I would even think of doing such a thing."*

- 22, Male Forum User



*"In 2002, one of my friends suicided and we didn't understand that he was suffering from depression. Not long after his death, I was at a conference and a young girl got up and spoke about how ReachOut.com had helped her and that she would not be here today if it had not been for the service.*

*At that moment I wished that my friend had known about this service as things may have been different. I realised I couldn't change what had happened by maybe by giving, I could help inspire reach more people and hopefully stop someone else losing someone they really care about"*

- Supporter

# Give a gift of a lifetime

## A gift in your Will can change a young person's life for years to come.

ReachOut.com  
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**REACH  
OUT.COM**

## ReachOut.com as an organisation

Our actions are guided by our core values of compassion, generosity, inclusiveness, responsibility and fun.

We always place the needs of young people at the centre of what we do.

In addition:

- We are committed to the highest standards of professionalism and ethical behaviour;
- We strive for the highest level of integrity and credibility;
- We partner with those who share our commitment to respecting the needs of young people;
- We create meaningful relationships with our supporters, and pledge that your contribution will be used responsibly to promote and improve the mental health and wellbeing of young people around Australia.
- We pledge that all of our communications with you will be supportive, respectful and efficient.



## Meeting the changing needs of young people

Our mission is to help all young people be happy and well. We face a huge challenge: 1 in 4 young Australians live with a mental health difficulty; 75% of mental health difficulties start by the age of 24; Suicide is the leading cause of death for young Australians

Young people are not accessing help from traditional services. Many turn to the internet anonymously trying to understand what they are going through. When young people come to ReachOut.com they find Personal stories from other young people help them realise they are not alone; Apps and tools to help them work through their problems; Forums where they can seek help from their peers and professionals; 300+ evidence based fact sheets helping them to understand the issues they face.

### Back smarter mental health provision

Young people turn to the internet when they are looking for information from anything to study tips, ordering pizza or getting help for mental health.

We need to be able to demonstrate how ReachOut.com helps thousands of young people everyday. Your support for research and evaluation will help us to demonstrate how we make an impact on the mental health of young Australians.

**Our Aim:** to get the evidence and then argue for more investment in e-mental health

### Back ReachOut's technology

Our service is constantly updating to keep up with advances in technology.

Help us keep young people engaged by meeting their expectations of simple and seamless user experience. Investment in this area helps ReachOut take advantage of new technology in meeting young people's mental health needs.

**Our Aim:** to keep ReachOut works in technology environments young people are using.

### Back support for vulnerable young people

ReachOut.com has the potential to help all young people. Help us to reach the most vulnerable young people and to deliver videos, stories and information specific to their needs.

Some young people are more vulnerable to mental health challenges than others, including young men, young people living in remote and rural Australia and young lesbian, gay bisexual, transgender, questioning/queer and intersex young people.

**Our Aim:** to grow our support to the most vulnerable young people by 20% each year.

### Back ReachOut in Schools

We want all schools to support young people's wellbeing.

Young people spend, on average, 30 hours a week at school so it is vital we are visible in each and every school. Our program delivers resources and training related to the curriculum for teachers.

**Our Aim:** Expand the ReachOut in Schools program to all high schools in Australia.