

ABOUT REACHOUT

General

ReachOut is the leading online mental health service in Australia supporting young people during tough times.

ReachOut helps young people feel better about today and the future, no matter what challenge they're facing. They provide a safe place where young people can openly express themselves, explore what's happening in their lives, connect with people who understand their situation, and find the resources to help them manage their challenges now and in the future.

Anonymous, free and 100% online, ReachOut has been designed specifically for – and with – young people. From one-to-one support from experienced peer workers, to online forums, as well as tips, stories and resources, ReachOut offers a wide range of support options that allow young people to engage in the ways they want to, when they want to, and has been doing so for more than 20 years.

And, ReachOut Parents and ReachOut Schools provide valuable information, resources and advice to help parents, carers and educators to better understand the young people in their lives and to play an active role in their wellbeing.

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For young people

ReachOut Australia helps you feel better about today and the future, no matter what challenge you're facing.

It's a safe place where you can openly express yourself, explore what's happening in your life, connect with people who understand your situation, and find the resources to help you manage challenges now and in the future.

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Call to action

When life doesn't go as planned, ReachOut. It's a safe online place to chat anonymously, get support, and feel better. ReachOut.com



ABOUT REACHOUT PEERCHAT

Long

ReachOut PeerChat is a safe, anonymous space for young people to be heard.

Through online text chat, young people can talk with a trained peer worker – someone with their own experience of mental health or life challenges, which helps them relate to the difficulties a young person might be facing.

Peer workers actively listen and let young people guide the conversation. Each chat session is up to 45 minutes long. And it's free.

ReachOut's peer workers are trained to support young people so that they feel heard and understood, they gain clarity around what they're dealing with, and ultimately, they feel better about facing it.

To book or to find out more go to ReachOut.com/PeerChat

Short

ReachOut PeerChat is a safe, anonymous space for young people to be heard. Through online text chat, a young person can talk with a trained peer worker who actively listens and lets them guide the conversation. Each chat session is up to 45 minutes long. And it's free. To book or to find out more go to ReachOut.com/PeerChat