

THE REACH FOUNDATION

CASE FOR SUPPORT

REACH





THE REACH FOUNDATION EQUIPS YOUNG AUSTRALIANS WITH THE EMOTIONAL INTELLIGENCE, CONFIDENCE, RESILIENCE, AND SOCIAL SKILLS THEY NEED TO:

- Protect themselves from mental ill health
- Navigate personal and professional challenges
- Shape their own future with confidence

For 30 years, Reach has been a leader in preventative mental health. Reach is a unique, youth-led, independent charity that refuses to judge new generations by old standards. Our programs are designed by the young people who deliver them, ensuring that every experience resonates deeply with those we serve. The work of Reach not only helps young people, it positively affects the lives of families, communities, schools, teachers, professionals and adults everywhere.

THE YOUTH MENTAL HEALTH CRISIS

MENTAL ILLNESS STRIKES EARLY AND LASTS A LIFETIME

Adolescence is a critical window of development—it shapes identity, decision-making, and self-worth. Yet, it is also the period when mental illness takes root, often persisting into adulthood if left unaddressed.

Mental health struggles impact education, careers, relationships, and overall quality of life. Without intervention, opportunities for young people to thrive can be derailed before they even begin.

2 IN 5
AUSTRALIANS AGED 16-24
REPORT EXPERIENCING
A MENTAL DISORDER.¹
THIS FIGURE IS 50% HIGHER
THAN IN 2007.²

22%
OF YOUNG PEOPLE
EXPERIENCE
HIGH PSYCHOLOGICAL
DISTRESS.³

40%
FEEL CONCERNED ABOUT
SUICIDE.⁴

1 Australian Bureau of Statistics' National Study of Mental Health and Wellbeing, 2023
2 National Study of Mental Health and Wellbeing, 2022
3 2024 Mission Australia Youth Survey
4 2024 Mission Australia Youth Survey

PREVENTION IS A NATIONAL EMERGENCY

Only 1% of Australia's mental health funding goes toward prevention, despite national health strategies recommending at least 5%.⁵ Meanwhile, mental ill-health costs Australia \$70 billion annually. Prevention is not just ethical—it is economically urgent. Preventative youth mental health programs show returns ranging from \$1.19 to \$3.06 per dollar invested, when considering broader societal benefits.⁶

YOUNG PEOPLE CONNECT WITH YOUNG PEOPLE

Most mental health programs are designed by adults who often fail to grasp the realities young people face today. Worse, young Australians are excluded from decisions that impact their mental health, such as policies around social media and online safety.

By the time adults understand the complexity of these generational challenges, the window for meaningful early intervention is lost. That is why Reach is different—we put young people at the centre of the solution.

I learned that everyone has something going on in their lives, and not that many of them open up about it. We are always told this, but it is super different to actually experience it.

2024 YEAR 9 PARTICIPANT
Brentwood Secondary College

5 2021-2030 National Preventive Health Strategy
6 National Mental Health Commission, *The Economic Case for Investing in Mental Health Prevention: Summary* (2023)

THE REACH FOUNDATION

OUR STORY

Reach was founded with a simple, powerful vision: a world where every young person is empowered with self-belief, resilience, and support to thrive.

Established by the late AFL legend Jim Stynes and celebrated filmmaker Paul Currie, Reach began as an experiment in empowering young minds to overcome self-doubt and embrace their potential. Thirty years and more than one million young Australians later, our vision remains unchanged and our work is needed more than ever.

OUR PROGRAMS

Each year, we run more than **1,000 workshops and camps**, reaching more than **40,000 young Australians** aged 10–25. Our programs meet young people where they are—at school, in their communities and in the workplace. Designed to be age-appropriate and/or tailored to specific needs, every Reach program fosters a safe, interactive, and supportive space that enhances social and emotional wellbeing. We uphold the highest standards of Child Safety and align with evidence-based approaches to ensure meaningful impact.

OUR PEER-TO-PEER MODEL

At the heart of Reach's model is the development of our young facilitators (the Reach Crew). Through a free, immersive training pathway starting at age 15, Reach Crew develop skills in facilitation, group dynamics, and adolescent mental health before leading workshops themselves.

This model ensures that Reach's programs evolve in real time, staying relevant and effective. Each new wave of young facilitators refines and improves the curriculum, ensuring that Reach continues to meet the needs of young Australians today and in the future.

All our work is underpinned by our Wellbeing framework in compliance with National Child Safety Standards. Supported by a dedicated team of psychologists and social workers, our model keeps Reach at the forefront of youth mental health programs.



OUR IMPACT

When a young person develops resilience and emotional intelligence, they also strengthen their mental health, positively impacting their relationships, increasing community participation, and creating economic opportunities. This is the long-term ripple effect of our work at Reach.

IN 2024, REACH ACHIEVED:

40,450
INSTANCES OF
PARTICIPATION
ACROSS AUSTRALIA

89%
OF PARTICIPANTS
FELT THE
WORKSHOP
IMPROVED THEIR
EMPATHY

87%
OF PARTICIPANTS FELT THE
WORKSHOP WAS A SAFE SPACE

97%
OF SCHOOL STAFF SAW
AN INCREASE IN STUDENTS'
SELF-AWARENESS

98%
OF SCHOOL STAFF WOULD
RECOMMEND A REACH
WORKSHOP

1 MILLION
YOUNG PEOPLE IMPACTED SINCE 1994

Reach workshops enable kids to be honest, open, connected, and vulnerable and the impact is long-lasting.

ADAM BOX
Education director,
South Australian
Department of Education

We valued Reach and its presence on the Mental Health Menu and noted that [its] program evidence rating was a level 4, which is the highest rating given to Menu programs.

DR CLAIRE TOBIN
Executive Director, Wellbeing Health and
Engagement Victoria Education Department

Reach normalises the anxiety of growing up and in doing so inspires young people not to feel alone, not to be spooked by emotion but to dream and hope for one's destiny.

JOHN URBANO
Author of "Within Reach", 2011: An examination
of the psychological underpinnings, the potential,
and the safety net of Reach

WHAT IT TOOK FOR DYLAN TO FEEL HEARD

At 14, Dylan carried a quiet weight. His home life had not been simple, and he had missed out on the everyday experiences that help teenagers feel like they belong. At school, he kept to himself, not sure of his place. More than anything, he just wanted to feel understood.

Then in 2023, Dylan came to a Reach workshop.

His mother, Ebony, had experienced a Reach program when she was a teenager. She knew the power of what could happen inside those four walls—but she was not prepared for the transformation she saw in her son.

“After the workshop I could see a shift in the way he held himself. I was really surprised, because Dylan is an anxious kid, shy and didn’t really feel like his voice mattered. After the Reach workshop he had a smile from ear to ear. His shoulders were back and he looked relaxed. He came over to me and gave me a big hug and said, ‘Hi mum, I love you’.”

In just four hours, Dylan had found something he had been searching for—connection, confidence, and a sense of belonging. No one can tell how much this will impact Dylan’s life and community as he grows into a young man.

This is the power of Reach.

**I could see the world’s pressure
had been lifted off him in that short
period of 4 hours.**

EBONY

Mother of Dylan (Year 9)



MAKE A DIFFERENCE

You can directly help young people by funding our four transformative program areas.

1. SUPPORT SCHOOL WORKSHOPS

- Not all schools have access to the mental health programs young people need. With your help, we can bridge the gap. Your support brings Reach's high-impact workshops to primary and secondary schools across Australia, equipping young people with the tools to connect and thrive.

2. SUPPORT OUR PROGRAMS IN THE COMMUNITY

From 4-hour intensive workshops to 3-day camps, **every donation** contributes to our work in the community.*

A SNAPSHOT OF OUR COMMUNITY PROGRAMS:

Grounded

A bold and empowering program for young people who have been labelled as 'disengaged' or 'at-risk'—but who refuse to be defined this way. In this safe and non-judgmental space, they challenge stereotypes, push past personal boundaries, and find the courage to express themselves freely.

Heroes Day

A high-energy workshop that helps young people build resilience, confidence, and a strong sense of self. Through interactive activities led by trained facilitators, 500 participants explore their potential and develop skills to navigate life's challenges.

Thousand Faces Camp

A life-changing weekend where young people and adults from diverse backgrounds come together for deep self-exploration, connection, and personal growth, gaining new perspectives, empathy, and resilience.*

Turning Tides

A powerful program designed to strengthen understanding and connection between young people and their parents, guardians, or carers. In a safe and supportive space, families share experiences, foster mutual respect, and create deeper understanding for each other.

* Programs are set annually.
Participation in youth programs is subject to rigorous screening in compliance with National Child Safety Standards.

3. EMPOWER YOUNG LEADERS

At Reach, we offer year-round training for young people, starting at age 15, to empower them and create lasting positive ripples in their communities. This program provides 100 hours of face-to-face training with senior facilitators and wellbeing experts, personalised mentoring and access to exclusive external opportunities. Currently, 85 young people are enrolled – and with your help we're ready to grow! further enhance the curriculum.

4. SUPPORT YOUNG PEOPLE IN YOUR ORGANISATION⁷

Do you know a business that wants to develop its young workforce? Reach's Workplace Wellbeing Programs are a commercially priced range of workshops to support young people at different stages of their career. As the social enterprise arm of Reach (Certified by Social Traders), all profits are reinvested directly into Reach's charitable programs.

Reach has played a key role in enabling us to make a deeper personal connection with our graduates. Their delivery methods are exceptional and extremely powerful. This allows our graduates to be immersed in the content and the takeaways for them have been limitless.

PETRA LADKIN

Senior Manager – People & Performance, Deloitte

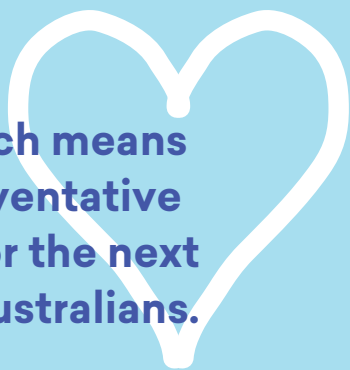
⁷ Not eligible for tax deductions.

BE A REACH PARTNER

Supporting Reach means investing in preventative mental health for the next generation of Australians.

WAYS TO PARTNER WITH US

- Corporate donations & sponsorships
- Donation matching campaigns
- Nominate Reach as your charity for an event or workplace giving
- Book Workplace Wellbeing workshops for your staff



We believe that partnerships should always be tailored, and engage actively with your staff to have an impact on your organisation's culture:

- **Support an inspiring Australian story:** For 30 years, Reach has pioneered a youth-led mental health model that remains one-of-a-kind in Australia, influencing programs worldwide.
- **See the impact firsthand:** Receive quarterly impact reports and invitations to exclusive Reach events to witness the transformation your support enables.
- **Engage your team in meaningful ways:** Give your employees and stakeholders access to our community programs and see how young people can inspire them.⁸
- **Tailor your partnership to align with your CSR/ESG goals:** Build a strategic collaboration that enhances your company's social impact while supporting mental health resilience in young Australians.

Reach's funding model is built on a diverse mix of revenue streams, including workshop sales, government grants, fundraising events, donations, and corporate partnerships.

OUR CLIENTS AND SUPPORTERS:

- AIS International Group
- Altus
- Amaroo Foundation
- Andrews Foundation
- Anthony Costa Foundation
- ANZ
- Australian Association of Graduate Employers
- Bastion
- Beyond Bank
- Deakin University
- Erdi Group
- Flowers Vasette
- Geelong Community Foundation
- George Alexander Foundation
- Harris Family Foundation
- headspace
- Highland Foundation
- Joe White Bequest
- John Holland
- KFC
- King & Wood Mallesons
- Kmart
- Leidos Australia
- McLardy McShane
- Melbourne Football Club
- Mick Fanning Charity Golf Day
- Myer Foundation
- Nelson Alexander Foundation
- Perpetual Foundation
- Pitcher Partners
- PwC
- Retail Prodigy Group
- Rotary Youth Leadership Awards
- RSM Australia
- Sandhurst Retail Logistics
- Stockland
- T2 Tea
- The Victorian State Government
- Zurich

⁸ Participation in youth programs is subject to rigorous screening in compliance with National Child Safety Standards.

GET IN TOUCH



Let's amplify our impact as we connect with young people, uncover what's holding them back, and equip them with the tools to unlock their power and shape their own lives.

PAUL DUBOC

Head of Partnerships,
Fundraising and Engagement
paul.duboc@reach.org.au
0484 078 365

ALISON WRIGHT

CEO
alison.wright@reach.org.au
0409 997 226

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REACH.ORG.AU