

STRESS

WELLBEING

MONEY

BULLYING

WORK STUDY

BREAK-UPS



EXERCISE

RELATIONSHIPS

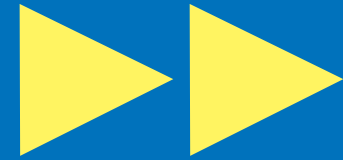
HEALTH

FAMILY

FRIENDSHIPS



ReachOut.com



The help you need,
where and when
you need it.

Who's behind ReachOut.com?

ReachOut.com by Inspire Foundation is the organisation behind the website; we're an Australian non-profit with a mission to help young people lead happier lives. Everything on ReachOut.com is created in partnership with experts and young people, so you can be sure to find stuff that's not only evidence-based, but also relevant to you.

 inspire.org.au



Resources for professionals

ReachOut.com Professionals offers resources and tools for youth support workers, health professionals and teachers - designed to help professionals support the young people they work with.

 **Sign up to the newsletter**
au.professionals.reachout.com



When I discovered ReachOut.com I was going through a really difficult time. I thought I was destined to feel this way for the rest of my life... reading other people's stories made me realise what I was going through is normal -

Anonymous

Being able to chat to other young people but also having the security of anonymity meant that you could talk about anything... ReachOut.com was one of the first places I found and never looked back - Kris

Being able to find reliable information, real stories and connecting with other young people online played a huge role in improving my mental health - Georgia

Every year ReachOut.com helps hundreds of thousands of people under 25 tackle everything from finding motivation to getting through really tough times.

You can access the stuff you need no matter where you are, with tools and tips for making everyday life a little easier.

It's the perfect place to start if you don't know where to look.

You'll find ...



Fact sheets and stories

that help you recognise when a little problem might be becoming a big one, and give you tips on what to do if you're feeling out of your depth.



Information

on mental health issues, everyday life problems and what to do about them (and where to go if you can't beat it on your own).



Guides, tools & apps

that will help you improve your mental fitness and strengthen your ability to bounce back and tackle problems.



Forums

where you can connect with other young people who've been there before, chat to experts and share your tips for health and wellbeing.



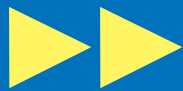
IT'S AVAILABLE 24/7



ON ANY DEVICE



ANYWHERE



**REACH
OUT.COM**