Laps for Life | **REACHOUT**

Laps for Life | Join our team
Take the plunge to SAVE LIVES!

This March, we're diving in for mental health. But we need you!

- Swim 2 or 20 km (or a distance of your choice) throughout the month of March
- Raise funds to support young people in Australia experiencing mental health difficulties
- Join the team and help reach our fundraising goal!

Sign up using the QR code and remember to select our team when you register

1 in 3 Young people in Australia are currently experiencing a mental health difficulty

Over 1,000,000 Young people won't seek professional support

Join our Laps for Life team to make a difference! Here's how it works...

1. **SIGN UP –** Head to lapsforlife.com.au or scan the QR code above
2. **GET SWIMMING –** Set a swim goal throughout March
3. **RAISE FUNDS –** You'll get your own fundraising page, and join our workplace team
4. **ENJOY –** You'll experience better mental health from regular swimming!

Why ReachOut?

ReachOut is the leading online mental health service in Australia supporting young people and their families when life doesn't go as planned. More than 50% of young people turn to the internet for help when going through a tough time, and ReachOut provides a free, safe and anonymous online space to get support.

One lap at a time, you can raise critical funds to support ReachOut's service to provide one-to-one peer support, safe moderated online communities, and a wide range of tips, stories and resources to help save lives.

Sign up for Laps for Life TODAY!