

## About Us.

### Improving the mental health and wellbeing of young Australians.

The Inspire Foundation was established in 1996 in direct response to Australia's then escalating rates of youth suicide. We combine technology with the direct involvement of young people to deliver innovative and practical online programs that prevent youth suicide and improve young people's mental health and wellbeing.



Our mission is to **help millions of young people lead happier lives.**

Our 2020 vision is to make a global contribution to young people's mental health and wellbeing, with every young Australian knowing, trusting and using Inspire's programs when they need to.

To achieve **our vision** we are building an Inspire community of young people, professionals, families, donors, teachers and supporters who care deeply for young people and their wellbeing.

### The need.

Youth suicide and mental health continue to be major issues for our country. While, thankfully, Australia's youth suicide rates have declined by 56% since 1997, all other mental health indicators for young people are rising at an alarming rate.

- 1 in 5 young people will experience depression this year
- 1 in 10 suffer from an anxiety disorder
- 1 in 30 makes a serious attempt at suicide

(Sources: ABS 2007, AIHW 2007, Sawyer et al 2000)

At the same time, we know that social connectedness and meaningful participation, coupled with safe and secure environments, have a positive impact on young people's mental health and wellbeing. (WHO 2001; Vic Health Mental Health Promotional Framework)

### Our award-winning response.

91% of young people use the internet (DCITA 2007). After friends and family, the internet is young people's preferred source of help and information (Mission Australia 2007).

**“A young person, once inspired, is changed forever.” Zoe, 21**

We use **technology** to reach young people aged 14-25 through two national programs:



[www.reachout.com.au](http://www.reachout.com.au)

offers information, support and resources to help young people improve their understanding of mental health issues, develop resilience, and increase their coping skills and help-seeking behaviour. Recognised by 19 international and national awards.



[www.actnow.com.au](http://www.actnow.com.au)

connects young people with opportunities to learn more about their world and take action on the social issues they care about. Recognised by 3 national awards.

### Our reach.

[www.reachout.com.au](http://www.reachout.com.au) and [www.actnow.com.au](http://www.actnow.com.au) recorded 1.9 million unique visitors last financial year. Based on our estimates 361,555 individual young people engaged with our online programs.

Inspire is committed to reaching young people at risk of mental health difficulties, and offering them tools, resources and connections to improve their mental health and wellbeing.

Over the next four years Inspire aims to focus on four priority groups including: young men, young people at risk of alcohol or drug misuse, young carers and same sex attracted young people.

### Our impact.

- 1. Reduced stigma**
  - 82% of young people learnt more about mental health issues
  - 77% learnt how to help others with mental health issues
  - 79% are less worried what other people think about mental health issues
- 2. Improved help seeking and coping skills**
  - 74% learnt where to get help
  - 88% had spoken to someone about their tough time
  - **59% actually went to get professional help** (NB: of the 1 in 4 young people who experience a mental health difficulty, only 1 in 3 (29%) seek professional help)
- 3. Improved social connectedness**
  - 72% of young people said Reach Out! made them feel like they're not alone
  - 92% have spoken to a friend or family about a mental health or social issue
  - 69% say that ActNow “gives me a voice” and 68% feels like they are part of a community
- 4. Improved community participation (civic engagement)**
  - 78% have taken action on issues they care about
  - 86% made a donation or raised money for a cause
  - 81% volunteered their time to help others.