

Laps for Life | **REACHOUT**

1-31 March

Laps for Life 2025 | Swim 2km or 20km

YOUR CAPTAIN'S GAME PLAN

**TAKE
THE
PLUNGE**



Let's Save Lives, One Lap at a Time

Every day, 1 young person in Australia loses their life to suicide, the leading cause of death in young people aged 14-24. Every death is preventable.

That's what we believe at ReachOut, and it's why we came up with Laps for Life. The only way to change the stats is to get the community involved, which is where you come in.

How does Laps for Life work?

- **What?** Swim 2 or 20km (or set your own goal)
- **When?** 1-31 March 2025
- **Why?** To save lives and support youth mental health
- **Who?** Your community team

Freestyle, backstroke, butterfly, or doggy-paddle, Laps for Life is for all kinds of swimmers. It's a chance to work towards a common goal, get in the pool, have fun and connect as a team, get fit and raise funds to save lives.





It's proven.

It's a well-known fact: regular swimming is a great way to improve both physical and mental health and wellbeing. It charges you up, helps promote a positive outlook and restful sleep, plus builds resilience.

Your team and your wider community will also benefit by learning more about the importance of positive mental health and self-care through Laps For Life.

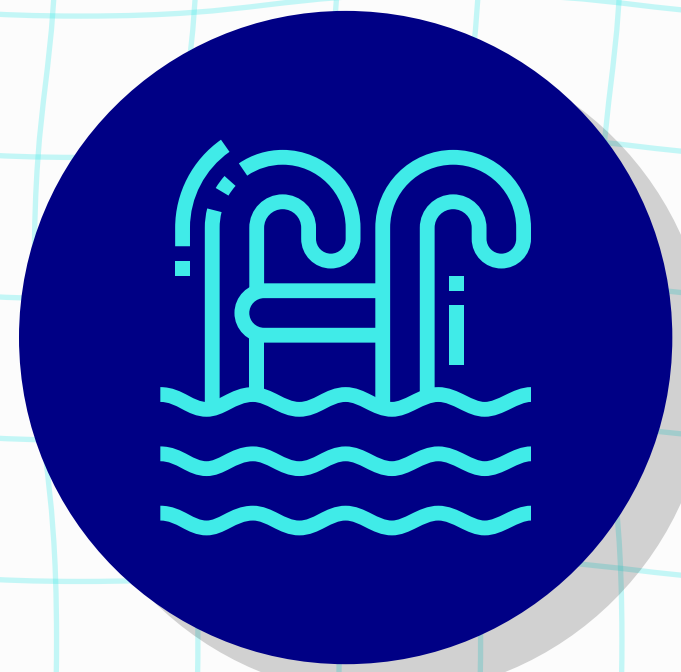
Bring your team together around a shared goal: to reach their swim goals and combined fundraising target. Enjoy the proven benefits of regular activity in the pool! You can swim together, separate, and as often as you like.

Good for your rep.

Let your networks know that you're diving in for youth mental health to save lives!

By signing up, you'll join a network for good – last year we had over 10,000 participants and over 2,000 teams diving in to raise a combined \$3,456,611 for young people experiencing mental health difficulties.

Here's how Laps for Life works



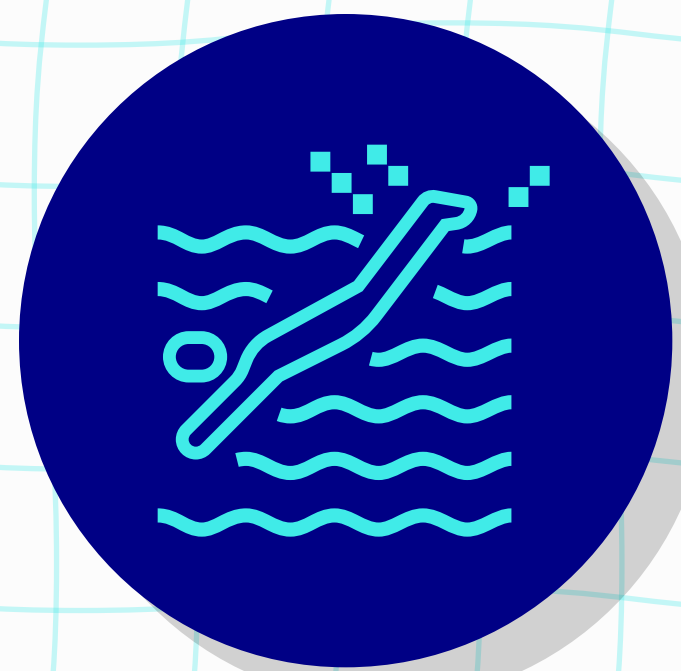
1. Sign up

As the team leader, you'll organise a team for your community and be the first member of the team. Signing up is quick and free!



2. Grow the team

With our help (we'll provide printable and emailable resources), share the word about the new Laps for Life team in your community, and encourage your community to get involved.



3. Dive in and raise funds

Set your swim goal, download the Laps app, and swim as often as you can throughout March. Share your fundraising page and ask for donations to help you reach your goal!



4. Save lives

All funds raised go towards ReachOut's lifechanging online platform, helping young people access the mental health support they need when they need it most.



More than 1 in 3

Right now, over 40% of young people in Australia are experiencing a mental health difficulty, but there's an even bigger problem.

Far, far too many of them are NOT accessing professional support – over 1 MILLION – because they don't know where to turn.

That's where your team can change things for the better by raising critical funds to support ReachOut's services which will:

- **Provide one-on-one peer support for young people to connect with someone who understands them**
- **Build a supportive community through safe, anonymous and moderated online forums**
- **Create evidence-backed resources on a wide range of issues and experiences that young people may face**

Laps for Life | **REACHOUT**

READY TO TAKE THE PLUNGE?

Sign up at lapsforlife.com.au

OR

Get in touch with Tia Dolan on
tia.dolan@reachout.com to start
your journey with Laps for Life.

