



**1-31 March**

**Laps for Life 2024 | Swim 2km or 20km**

*YOUR CAPTAIN'S GAME PLAN*

**TAKE  
THE  
PLUNGE**



# Let's Save Lives, One Lap at a Time

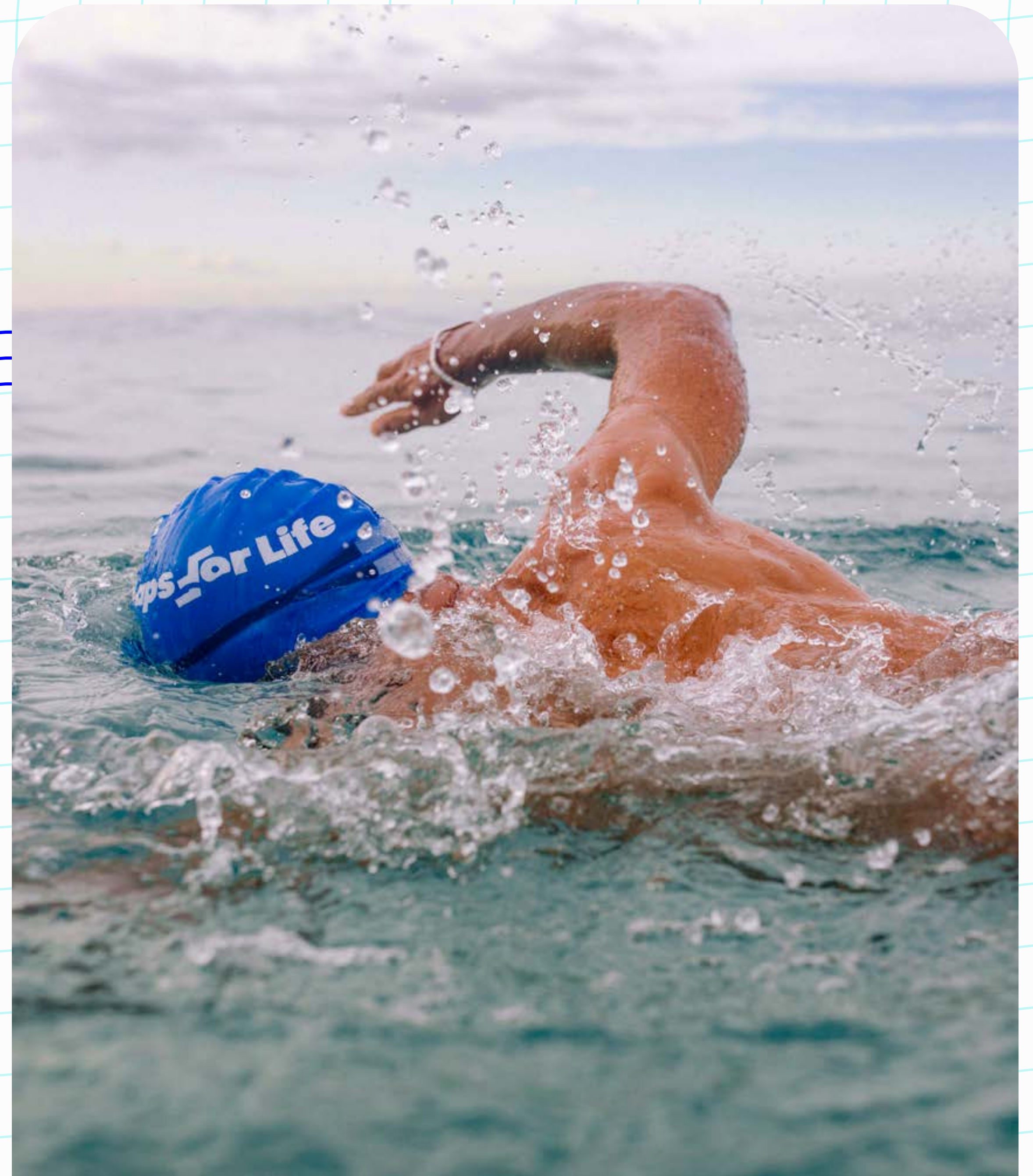
Every day, 1 young person in Australia loses their life to suicide. Every death is preventable.

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 2024
- **Why?** To support youth mental health
- **Who?** Your workplace 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, 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. Any organisation that has higher levels of wellbeing is in better stead to have resilient staff.

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 work 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.

Workplaces with a culture of giving and supporting charitable causes produce a more collaborative, trustworthy environment. Let your networks know that you're diving in for youth mental health to save lives!

By signing up, you'll join a corporate network for good – last year we had over 10,000 participants and over 2,000 teams diving in to raise a combined \$3,882,845 for young people experiencing mental health difficulties.



# Here's how Laps for Life works



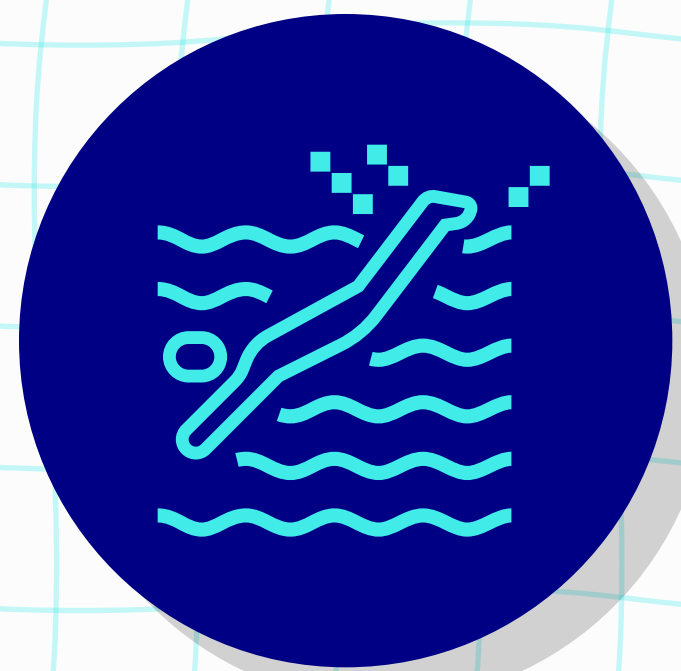
## 1. Sign up

As the team leader, you'll organise a team for your workplace 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 at work and encourage your colleagues to get involved.



## 3. Dive in

Choose your swim goal, and get swimming as often as you like throughout March.



## 4. Save lives

All funds raised go towards ReachOut's lifechanging online platform, helping young people access the mental health support they need when life doesn't go as planned.





# 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**



# Hear from some workplace champions!



## **Max Swadling - Automic Group** **Head of Funds Business Development & Solutions**

Laps for Life has been a great initiative to lead at Automic Group on behalf of ReachOut. It's a great way to get our team together to support youth mental health but also take the time for your own wellbeing.

I've always had a passion for swimming, but often find it challenging to take the time and prioritise physical exercise. Mentally and physically, Laps For Life is a very rewarding experience. Every stroke and swim completed acts as a reminder of the lives we are impacting through the donations made by family, friends, and colleagues.

In 2023, Automic Group raised over \$15,000 for ReachOut by getting in the water for Laps for Life. We're proud to be a part of the challenge, and can't wait to dive in again for 2024! I encourage all organisations or individuals considering participating in the initiative to take the plunge to support the clear vision provided by ReachOut to drive better mental health and wellbeing for all young people.



## **Angus McKay** **7-Eleven Australia CEO and Managing Director**

The work ReachOut does to provide easily accessible online mental health support to young people is so important. 7-Eleven is very proud to have supported their work in our community for the past five years.

I'm a big believer in everyone taking time in their day to be active as part of looking after their wellbeing. Mental and physical wellbeing are so important. I'm in the pool most mornings to clear my head and get ready for my day, so Laps for Life is perfect for me to be able to raise much needed funds for ReachOut. Doing something I enjoy, that is good for me and supports such a worthy cause is a perfect fit.



**Laps for Life** | **REACHOUT**

# READY TO TAKE THE PLUNGE?

**Sign up at [lapsforlife.com.au](https://lapsforlife.com.au)**

**OR**

**Get in touch with Mindy Fraser on 0422 594 255 or  
[mindy.fraser@reachout.com](mailto:mindy.fraser@reachout.com) to start your workplace journey  
with Laps for Life.**