



“Suicide is the leading cause of death for Australians aged 15-45 years”

1 in 4 people suffer psychological distress potentially resulting in serious mental illness

Young people mentally struggling reported that they **would rather seek help from their friends** than approach family or seek help anonymously over the internet.

Our goal is to **end suicide** and change the stats when it comes to mental health issues and young people

THE SOLUTION

Our youth workshops teach students the skills to use social media in a safe and positive way, the foundations of healthy communication and relationships, the value of kindness and gratitude.

Students learn how to become emotionally intelligent and resilient and to master the art of self love - central to healthy minds and thriving humans

Do our kids **really know how to help each other?** Can we do more to equip them for the future? **We believe we can.**

Our emotionally engaging educational in-school programs work to prevent the occurrence of anxiety, depression, eating disorders, drug, alcohol & gambling addiction, and low self esteem.

GET INVOLVED

Since 2017 we have empowered 10,000 students. Our goal is to reach

100,000 kids by 2024.

Invest in our kids.

\$500
gives 25 kids access to our program

\$1,000
gives 50 kids access to our program

\$2,000
gives 100 kids access to our program

\$5,000
gives 250 kids access to our program

\$7,500
gives 375 kids access to our program

\$10,000
gives 500 kids access to our program

For further information and to donate, visit: www.foundationbrave.org.au