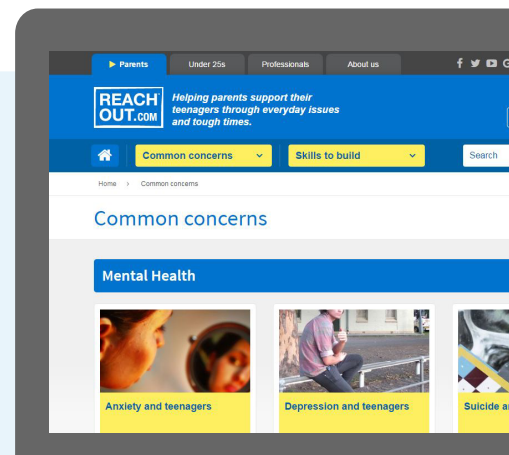
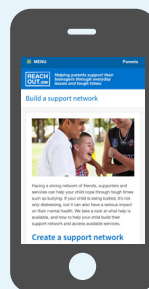




Parents

When a parent recognises a teenager needs help, they're more likely to get it. That's why we've introduced a free new service to help parents help teenagers: ReachOut.com/Parents.



ReachOut Parents provides evidence-based practical support and tips that encourage effective communication and relationships between parents and young people aged 12–18 years, as well as easy-to-read information on a range of mental health and wellbeing issues.

The service features more than 140 fact sheets, stories, practical tips and tools, and provides access to an online community forum so that parents can connect with each other to share experiences in an anonymous, supportive space.

New stories, fact sheets and features, as well as a coaching program delivered in partnership with the Benevolent Society, will be added to ReachOut.com/Parents throughout the year.



FREE AND ACCESSIBLE

Free and available 24/7, ReachOut Parents' mobile-first design and AA accessibility rating mean parents can access information where and when they need it.



CO-DESIGNED WITH AUSTRALIAN PARENTS

Insights from more than 1100 parents from across Australia helped us design and build the service.



WE KNOW YOUNG PEOPLE

We've been working with young people for 18 years (through our flagship service ReachOut.com) and understand what they're going through.



EVIDENCE-BASED SUPPORT

ReachOut Parents is based on the latest research evidence and has been developed in consultation with experts.



COMING SOON: COACHING

A coaching program delivered in partnership with the Benevolent Society will be launched in 2016.

ABOUT REACHOUT AUSTRALIA

ReachOut is Australia's leading online mental health organisation for young people, providing practical support to help them get through everything from everyday issues to tough times.

Since 1998, ReachOut has worked alongside young people to deliver online tools that address youth mental health and reduce youth suicide. An extension to ReachOut's service for young people was launched in 2016 to help parents and carers improve the mental health and wellbeing of the young people within their family environment.

Available anytime and pretty much anywhere, ReachOut.com is accessed by 110,000 Australians each month. That's more than 1.31 million people each year.