

**Free  
Registration**

# Will you swim for youth mental health?

**1-31 March**

**Laps for Life**

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



**REACH  
OUT.COM**

One in four young people in Australia is currently experiencing a mental health difficulty, and 70% of those who need help, don't get it.

Laps for Life is **ReachOut Australia's** annual fundraising swim event, to raise funds to support young people experiencing mental health difficulties.

Principal partner  
**ZOGGS**