



# Dive in for youth mental health

1–31 March



Scan the QR code to sign up

**Laps**  **for Life**

**Free Registration**

**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**<sup>®</sup>