

The Youth Award is presented to

Reach Out! program

INSPIRE FOUNDATION

Reach Out! is an initiative of the Inspire Foundation. Launched in 1998, Reach Out! combines evidence-based mental health content with youth involvement programs and social branding to create a web-based service for young people experiencing adversity and mental health difficulties.

Reach Out! is more than a passive provider of information. It offers online peer moderated discussion forums, an interactive CBT education program, as well as online face-to-face youth participation programs.

Over the last 12 months Reach Out! has been visited 2.5 million times.