

YOUR RIDE. YOUR REASON.

MAKE YOUR FUNDRAISING COUNT

By raising funds to support Youth Focus, you can have a lasting impact on the lives of young people with mental health issues.

WHERE DOES THE MONEY GO?



\$50

Can help connect a young person with our mental health services when they need them



\$75

Can contribute to our Community Engagement Coordinators attending community events, and start important conversations about youth mental health



\$100

Can help contribute to Youth Focus mental health education programs to students in schools



\$250

Can help Youth Focus support a young person to achieve their work or study goals



\$1,000

Contributes to group counselling sessions for families, to help build their ability to support each other and foster positive connections



\$5,000

Can help Youth Focus provide services to regional communities, where there is limited access to mental health services

Each year, Youth Focus provides **accessible professional counselling services to thousands of young people** aged 12 to 25 years old.

Youth Focus cannot do this without your generosity of spirit and financial help. When you invest in Youth Focus, you are investing in the future of our young people.

