

TALKING POINTS FOR YOUR FUNDRAISER!



Sharing about the cause and why it's important to you is so important when it comes to the success of your fundraiser - your community may not have heard of batyr before, or be familiar with what we do, and it's important to let them know where their donations are going and the difference it will make!

STATISTICS

Choose a few of these to share with your friends, family and supporters to highlight the devastating reality of Australia's youth mental health crisis, and why prevention and early intervention is so important:



Suicide:

- **Suicide is the leading cause of death** for young Australians (ABS 2019).
- More than **350 young people** aged 18 to 24 **take their own lives** every year.
- For every youth suicide, there are 100 to 200 more attempts.
- **The impact of youth suicides are felt by up to 135 people** on average, including family, friends, work colleagues and first responders.

Mental ill-health:

- **2 in 5 young people experience mental ill-health.**
- **30 | 12 | 6 | 6:** In a classroom of 30 students, **12 will be dealing with a significant mental health concern.** Alarmingly, only 6 will reach out for help, leaving **6 suffering in silence.** This is largely due to stigma. Mental health remains the elephant in the room with stigma, misconceptions, fear and shame preventing open discussion, a serious barrier to help-seeking and support.
- Mental ill-health starts at a young age: About three-quarters of common **mental health problems emerge before the age of 25 years old.**

Services and Help-seeking:

- The Department of Health estimates the mental health **workforce will be 60% short of what will be required by 2030.**
- Research shows that up to **87% of young people are more likely to confide in peers** or those in their everyday life **over professional support.**



ABOUT BATYR

Who is batyr?

batyr is a preventative mental health charity, created and driven by young people, for young people. Stigma, under-resourced communities and other barriers to accessing quality information and services, stop young people from getting the right support or knowing how to look after their mental health before they are in crisis. As leaders in prevention, batyr has reached over 400,000 young people through evidence-based programs in Australia to address this.

By empowering young people with the confidence and skills to get through tough times and look out for each other, batyr works to create stigma free communities that champion young people's mental health and wellbeing. Through sharing lived experience stories and peer-to-peer education, batyr is keeping young people from reaching the point of crisis.

With your help, batyr are working towards smashing their 2030 goals:

- Deliver programs in all states and territories in Australia
- Deliver school programs to 70% of high school students
- Work with all Australian universities
- Reach 3 million young people

Every generous donation made to batyr helps them work towards a world where all young people lead mentally healthy and fulfilling lives, by providing more vital mental health education where it's needed most.

batyr's impact

- Reached 402,896 young people through 3,502 evidence based programs
- Partnered with over 25 Universities
- Trained over 1,200 young people how to safely and effectively share their story, providing hope and connection to other young people.
- The stories shared at their programs make a difference - after seeing a batyr program 75% of students feel confident they'd be able to support a friend through mental health challenges. This is so important, especially when young people are first likely to speak to their peers when going through a tough time.

"Before learning about batyr and its mission, I had never given much thought at all to the power that sharing my story could hold. I'd never considered that my journey and what I've been through could be shared outside of a clinical setting, let alone shared in a way that could empower other young people"

"I learnt that asking for help doesn't weaken you but shows bravery."
- Year 10 student

"I was looking for a way that I could take my experiences with mental ill-health and turn them into something positive that could help other people. It was really freeing to learn how to share my story with other people, and I found the workshop environment was so supportive."
- Being Herd attendee

"It's okay to feel how you're feeling. It's okay to ask for help and there are people out there who will love you and support you unconditionally."
- Year 10 Student

