



HARRISON RIEDEL  
FOUNDATION

Help young  
Australians access  
the right support  
at the right time.

DONATE TODAY



## WHY WE EXIST

The average time between the onset of mental health symptoms and when someone receives help is 11 years.

**That's 11 years too late.**

Our mission is to reduce the time between young people needing help and receiving the help they need.

## OUR IMPACT

Our programs promote positive and protective behaviours that build resilience and enhance well-being through:



Increasing help-seeking behaviour



Identifying and strengthening existing positive relationships



Building connectedness and a sense of belonging



Increasing communication about issues and advice seeking



Enhance self-esteem by empowering young people to take control of their lives



Increasing mental health literacy and knowledge of help services



Increasing confidence in helping others get the help they need by knowing what to say and do and where to go for help



## WHERE WE FIT



## YOURCREW APP



YourCrew is a free app that promotes communication with known and trusted people and opens the door to young people seeking help. YourCrew provides instant access to essential resources and crisis support links all in the one place.



## YOURCREW CLASSROOM

Our school inquiry program teaches young people how to:



build healthy relationships



foster positive well-being



build personal resilience

**EVERY PERSON  
NEEDS A CREW**

[harrisonriedelfoundation.com](http://harrisonriedelfoundation.com)  
[info@harrisonriedelfoundation.com](mailto:info@harrisonriedelfoundation.com)