

Australian

Foundation



## Our Impact

### Empowering young people to thrive beyond the impacts of family mental illness.

The Australian Kookaburra Kids Foundation supports young people living in families impacted by mental illness. We empower these young people by providing them with the tools they need to build resilience, improve their emotional wellbeing, and thrive despite the challenges they face.

#### What we do:

At Kookaburra Kids we integrate mental health education with fun recreational experiences. We deliver camps, activity days, and online support. Young people participate in interactive Chat Groups and outdoor adventures. These experiences build confidence, teach coping strategies, and create a supportive peer network.

#### Our programs:

- **Educate children about mental health** in an age-appropriate way.
- **Build resilience and coping skills** to help navigate family and other challenges.
- **Provide peer support and reduce feelings of isolation** by creating a safe environment where children can connect with others who have similar experiences.
- **Develop help seeking behaviours**, so that young people have the skills and confidence to access help when they need it.

#### Our programs are:

- **Developed by** mental health experts.
- **Backed by** evidence.
- **Delivered by** a passionate and experienced team.



# Our Impact



In 2023/24 we delivered:



**49**

Camps with

**1,010**

participants



**113**

Activity

Days with

**1,810**

participants



**157**

Online Connect

Sessions with

**507**

participants



**319**

Total programs

with

**3,327**

participants



**5,648**

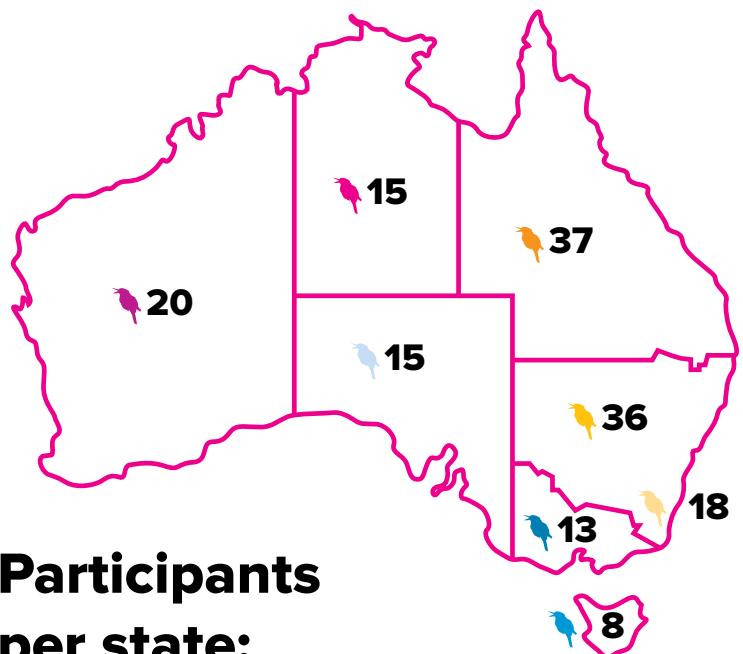
Young people registered to participate in Kookaburra Kids programs



**18,877**

Volunteer hours contributed to our programs across Australia

2023/24 programs per state:



Participants per state:

625 in QLD	85 in TAS
588 in NSW	274 in SA
384 in ACT	394 in WA
225 in VIC	245 in NT

# Outcomes



Kookaburra Kids camp attendees show a statistically significant increase in their likelihood to use a telephone support, like Kids Helpline.



Kookaburra Kids show a statistically significant improvement in mental health literacy after participating in our camp programs.



Kookaburra Kids' programs can boost help seeking by young people in need by up to 30%.



75% of young people learn something new about mental illness and how to prevent it



75% of young people report making lasting friendships with other Kookaburra Kids



95% of young people planning to attend another program



## Our Why

**It is estimated that 23% of children living in an Australian household have a parent with a mental illness.**

This equates to just over one million Australian children under the age of 18, living in families impacted by mental illness.

Family mental illness can have a significant impact on young people. They can sometimes feel confused, anxious, or unsupported due to the stigma that frequently surrounds mental illness. Without proper education and guidance, these children can face a higher risk of developing their own mental health issues. It is crucial to offer tailored programs that foster understanding, resilience, and emotional wellbeing for both the children and their families.



**You make new friends, and they talk about things like mental health and how to solve problems like anxiety.”**  
(Zack, Kookaburra Kid)



**I want to come to camp because it's fun you learn and make friends.”**  
(Kookaburra Kid, 9yrs)



## Become a fierce supporter of young people

By supporting the Australian Kookaburra Kids Foundation, you will empower young people impacted by family mental illness, providing them with essential programs that build resilience and a brighter future.

**Scan this QR Code and donate today to transform the lives of young Australians impacted by family mental illness.**



**Website**

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