



Annual Impact Statement

2025

Empowering young people impacted by family mental illness.

Australian

Kookaburra Kids

Foundation

Our impact

Our programs have big impacts across three key areas:



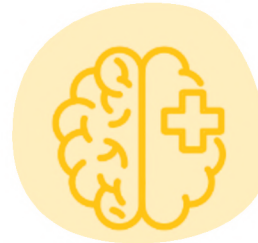
Mental Health Literacy

3 out of 4 Kookaburra Kids learn something new about mental illness and how to prevent it.



Peer Connection

3 out of 4 young people make at least one lasting friendship with another Kookaburra Kid.



Help Seeking Behaviour

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



These factors are known to safeguard long term positive mental health and wellbeing, improving outcomes for young people

AND

reducing their risk of developing mental illness.

“

Kookaburra Kids has given me the skills to face life's challenges with resilience. [They] helped me to understand what has been happening at home, while allowing me to enjoy being a kid at the same time.

Tyler, Kookaburra Kid

”



The need

Approximately 42% of Australian families have been impacted by mental illness at some point in time.

**OVER
1.4 M**

Young Australians are living in a family that has been impacted by mental illness at some point.

**AT
RISK**

Young people who experience family mental illness are at an increased risk of developing mental illness themselves.

**YOUNG
PEOPLE**

Can feel alone, anxious or unsupported due to the stigma that often surrounds mental illness.

**NEED
US**

To tailor programs that equip them with the tools to strengthen mental wellbeing and meet their unique needs.



Our approach

Kookaburra Kids delivers evidence-based mental health education programs to support long term mental health and wellbeing.



Developed by mental health experts

The mental health education component of our program is developed and delivered by mental health clinicians and experts.



Led by an experienced, clinical team

Our clinical team oversee our program delivery to ensure all young people receive the greatest benefit from attending a Kookaburra Kids program.



Backed by independent evidence

Our programs are backed by evidence-based best practice delivery and independently evaluated to demonstrate both the need for - and impact of - the support we provide young people.

Our reach



74
Camps

1,626
Participants



121
Activity Days

2,518
Participants



230
Online Connect

874
Participants



51%
Increase

In total participant's
year on year



425
Total Programs

5,018
Participants



406
Volunteers

26,779
Volunteer
Hours



*Excludes Online Connect numbers

Our programs

Our range of programs are specifically developed to support young people living in families impacted by mental illness.



Activity Days

These short, engaging sessions foster peer connection and include a brief mental health education component to introduce key concepts and normalise everyday conversations about mental health.



Camps

Weekend camps offer extensive mental health education alongside fun activities. The two-night stay helps young people form meaningful connections and friendships. Each camp is supported by a qualified Mental Health Clinician.



Online Connect

Online chat sessions that help young people stay connected between programs. They reinforce friendships and deepen mental health knowledge.



“Kookaburra kids, has had such a positive impact on her. [Her] confidence has improved significantly, she’s making new friends, pushing her boundaries and fears, trying new things and is so much happier! Her anxiety is basically non-existent.
Kookaburra Parent”



Thank you

For being a Mental Health Hero

Your support empowers young people impacted by family mental illness, providing them with essential programs that give them the tools to build connection, resilience and ultimately support long term positive mental health outcomes.

Looking for other ways to help at risk young people thrive?



Donate



Fundraise



Volunteer



Refer

Australian
Kookaburra Kids
Foundation

1300 566 525 | PO Box 69 Miranda, NSW 2228
info@kookaburrakids.org.au | www.kookaburrakids.org.au