

LifeChanger's Theory of Change

Empowering young people with the courage to thrive



PROBLEM

- Currently experiencing a youth mental health crisis
- Young people are facing a multi-cohort of stressors including unsafe and uncertain times, climate anxiety, pandemic impact, impact of digital screen time, declining health habits, loneliness and domestic violence
- Young people are experiencing unprecedented rates of low self esteem and self worth
- There has been a 50% increase in depression, anxiety and substance abuse in young people aged 16-24 since 2007
- 75% of mental health issues appear before the age of 24
- Young people are experiencing a decreased sense of hope and optimism for the future
- 1 in 3 parents dealing with school refusal

CONSEQUENCES

- Youth suicide is the leading cause of death for young people aged 15 - 24 years
- For every death by suicide there are approximately 100 to 200 attempts
- Unprecedented negative outcomes on young people's mental and physical health

BENEFICIARIES

- School aged youth
- Parents, guardians, families
- Mentors
- Teachers
- Partners
- Schools
- Funders
- Youth Ambassadors / Advisors
- Sporting Organisations

WHAT WE DO



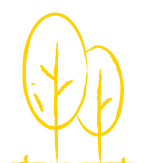
Empower young people with a pre-emptive and holistic approach to wellbeing through LifeChanger's Five Pillar Pathway: Health, Life Skills, Self, Purpose and Tribe



Programs developed from evidence-based, positive psychology and strength-based theories



Mentoring programs that connect young people with role models for guidance and support



Increase exposure to green and blue spaces, combining physical activity, social interaction, and personal growth opportunities



Engaging social programs that boost life skills, reduce social anxiety, and provide opportunities for connection



Inclusive, interactive programs that build self-confidence and self-esteem



Parenting programs for positive parenting and enhanced family function skills



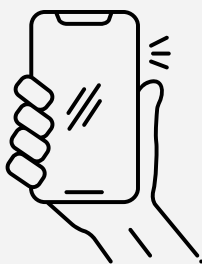
Experiential programs for connected learning and educational outcomes

HOW WE DO IT



WORKSHOPS

- School programs
- Mentoring
- Disadvantaged cohorts



DIGITAL SOLUTIONS

- Teachers, Parents and Mentor resources
- Podcast, documentary and LifeChanger app



CAMPAIGNS

- Awareness
- Fundraising
- Events



PARTNERED PROGRAMS

Program partnerships with large youth facing organisations with a focus on mental health and wellbeing

OUTCOMES

YOUTH

Social Connections:

- Improved communication
- Improved social skills
- Increased community connection
- Increased sense of belonging
- Increased self-confidence
- Increased empathy and kindness
- Reduced social anxiety

Emotional Intelligence:

- Improved self-esteem and self-awareness
- Increased awareness of strengths
- Increased optimism
- Increased hope for the future
- Increased school engagement
- Increased gratitude
- Improved stress management

Resilience Skills:

- Increased resilience
- Increased capacity to overcome adversity
- Improved mental and physical health
- Increased confidence to pursue goals
- Increased sense of purpose and direction
- Improved coping skills
- Increased awareness of wellbeing support services

COMMUNITY

- Increased school participation and attendance
- Increased help seeking from informal networks and mental health services
- Increased connection between youth and parents/teachers/mentors
- Increased participation rates in school and work

LONG TERM

- Reduced youth mental health issues
- Reduced suicide rates in school aged youth
- Increased numbers of well-adjusted young people living thriving lives