

'New Generation' Campaign

Among every generation of Australians, some encounter the impact of mental illness earlier than others. At SANE Australia we want to empower a new generation of young people affected by a family member's illness.

Why do these young people need help?

- Young people growing up in a family where a mental illness is present, are at considerable risk of a mental illness themselves.
- As de facto carers, many risk losing their own childhood, and are faced with the perception that their family is 'different' from other families that they see around them.
- Many young people have a genetic predisposition to mental illness themselves.
- Lack of support for young people and social stigma aggravate anxiety.
- The onset of mental illnesses like schizophrenia often occurs in the 18-25 year-old age group, while eating disorders are commonly first experienced as teenagers.
- Self-harm and youth suicide remain critical health problems.

Young people need accurate and balanced information and to know that others share their experience. The Internet is hugely significant to young people, and is particularly important in reducing isolation. However the Internet has changed significantly in the last five years.

What will SANE Australia do?

SANE will conduct a Youth Mental Health Awareness drive in 2008. We will develop the website itsallright.org to reflect recent social changes and the developing Internet, and promote this to young people and to every school in Australia. An interactive site which reflects use of the Internet for networking, and includes more multimedia content, will enable young people to get basic facts and advice about mental illness and treatments and have immediate access to SANE's specially-trained Helpline Advisers.

How will this help?

For some young people this project can literally contribute to their survival. For others, a balanced and healthy life as a young person is a strong foundation for a healthy and happy adult life. The key objectives of the program are:

- increasing awareness and knowledge of symptoms of mental illness and treatments
- reducing isolation associated with having a family member or friend with a mental illness
- improving skills and seeking help and increased preparedness, seeking help and thereby intervention on mental illnesses such as anxiety disorders and depression and
- lessening the incidence of self harm and youth suicide.

How can I help?

SANE relies on donations to conduct its work. How you help raise funds is your choice. Take part in an event or create your own way of spreading the message. Involve as many of your friends as possible. Preparing others to seek help by starting a conversation about mental illness, is as important as providing help when they need it most. All funds you raise through your network of friends, colleagues and family will go to this campaign and help with illnesses that can be disabling.

And finally

Stay safe yourself. If in doubt about a proposed fund-raising activity, contact SANE Australia at donations@sane.org before organising the event. If under 18, seek supervision. Comply with all local licensing requirements or regulations. If in doubt, take part in a supervised local event. Review Event Terms and Conditions which can be downloaded from this site. If organising a major event, request the SANE Guide to Fund-Raising.

sane
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A national charity
working for a better life
for people affected by mental illness

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SANE Australia is a business name of
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