



# OPEN PARACHUTE MENTAL HEALTH PROGRAM LAUNCH


## Program Overview

The Adelaide Crows Foundation have partnered with The Sebastian Foundation to tackle childhood mental health through the Open Parachute Program.

Open Parachute is a mental health & well-being program created for reception to year 12 school students. The focus of the program is on prevention, giving students an opportunity to practice skills for addressing any current or future challenges that might impact their mental health.

Open Parachute is an approved program on the Department for Education’s External Wellbeing Programs Directory and currently supporting over 16,300 South Australian students thanks to the generous support of The Sebastian Foundation and Variety SA.

### Interested in participating?

Schools can express interest here 



### Interested in partnering?

Inquire here 



### Interested in supporting?

Donate here 



ADELAIDE CROWS FOUNDATION



THE SEBASTIAN FOUNDATION



variety

openparachute