



# UPSTREAM CHALLENGE



## HELP CHANGE A YOUNG PERSON'S LIFE

**Saturday 9 November 2019**

Melbourne Yarra River

*Young Australians are struggling more than ever. Mental ill health is pervasive and more young people die by suicide than by any other cause.*

*With your help we can make a difference.*

Register as an individual, a team, or join us in Team Raise walking 20km together. Just remember to select Raise Foundation as your charity when you register at:

[UPSTREAM.ORG/REGISTER](http://UPSTREAM.ORG/REGISTER)