

Media Release
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ReachOut and The Benevolent Society receive National Play Your Part Award

The importance and success of ReachOut's Parents Coaching service has been highlighted this National Child Protection Week 2018

This National Child Protection Week, [ReachOut](#) Australia and [The Benevolent Society](#) are pleased to share the honour of receiving this year's National Play Your Part Award by the National Association for Prevention of Child Abuse and Neglect (NAPCAN). The award recognises the parents' coaching service which the two organisations work together to deliver to parents of young people across Australia.

The ReachOut Parents Coaching Program is an Australian-first service which provides parents of young people with free, confidential one-on-one parenting help. Sessions are delivered using a mix of online and phone support with qualified coaches from The Benevolent Society. The service gives parents the flexibility to easily access support from anywhere in the country. Any parent who is worried about their relationship with their teenager, or concerned about their teenager's wellbeing or behaviour, can access up to four tailored sessions with a professional coach as well as access to a wealth of information from the ReachOut website.

ReachOut CEO Jono Nicholas said the ReachOut's Parents Coaching Program is a valuable tool for parents and young people across Australia.

"The team at ReachOut is proud to have received a National Play Your Part Award. Congratulations also to our partners at The Benevolent Society who we share this award with. The coaching program is now over a year old and this award speaks to the impact the service is already having on parents and young people.

"Parents and young people today are not only tackling the issues they remember from high school, but also brand new challenges like cyber bullying. The coaching program helps parents create strategies and solutions so that together with their kids they can face whatever life throws at them. The fact that these conversations happen on the phone means parents can talk at a time that suits and in spaces they feel comfortable," he said.

Coaches provided by The Benevolent Society have professional backgrounds in psychology, social work and health. Coaches work in partnership with parents, helping them to clarify what they want, what's working and what's getting in the way, and develop plans to move forward; supporting them to identify their own solutions using effective parenting tools.

Matt Gardiner, Executive Director Child and Family Services, The Benevolent Society, added: "It's truly wonderful to be recognised for such a worthwhile initiative and we're delighted to continue our partnership with ReachOut. Parenting is by no means an easy feat and this service is an excellent way to support parents in an accessible way."

Parents of young people aged 12-18 years can register for ReachOut's Parent Coaching sessions [here](#).

Presented on 3rd September, the NAPCAN National Play Your Part awards highlight organisations and individuals who are working to create safer, healthier and happier environments for children. For more information about the awards, please see [here](#).

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About ReachOut

[ReachOut](#) has been changing the way people access help since launching as the world's first online mental health service nearly 20 years ago. Everything they create is based on the latest evidence and designed with experts, and young people or their parents. This is why ReachOut's digital self-help tools are trusted, relevant and easy to use.

Available for free anytime and pretty much anywhere, ReachOut is accessed by 132,000 people in Australia every month. That's more than 1.58 million each year.

About The Benevolent Society – The Benevolent Society is Australia's first charity, working as a catalyst for social justice and change for over 200 years. Founded in 1813, The Benevolent Society advocates for a better life for all Australians, and provides in-home services for older Australians, and people with disability, as well as providing family support and early intervention programs. We help people age well and live their best lives, staying in their homes wherever possible. For more information, please visit benevolent.org.au, on Facebook/thebenevolentsociety or on Twitter - @BenevolentAU

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