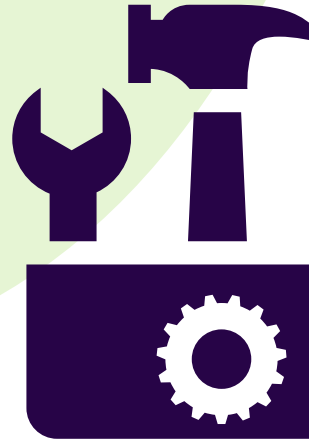




MY TOOLBOX TO WELLBEING

Ideal for primary school students, high school students, workplaces and community groups



Mental health tools for everyone.

Personalised in-depth training sessions that allow participants to build basic resilience, confidence in knowing where to go for help, a better understanding of themselves & their mental well-being and tangible tools that they can use to maintain well-being and problem-solve.

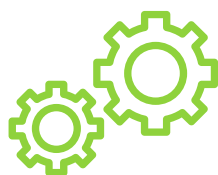
ABOUT THE COURSE

My Toolbox to Wellbeing has three courses tailored to Primary School Students, High School Students and the community/businesses. During these courses, attendees will learn various skills and tools to improve their mental health. This may include:

- What is well-being & what is important to me
- Nutrition
- Sleep Hygiene
- Physical Activity
- Mindfulness & Self Care
- Managing my emotions
- Problem-solving

Each of the above topics are covered in separate in-depth sessions.

Every mind matters.



BOOK NOW:

Attendance Numbers: Min 5, Max 40

Duration: 6 x face to face 1 hour sessions

Cost: \$3,000 incl. tax
Catering is optional at an additional cost

To book or for more information email: suicideprevention@thcfa.org.au

OTHER TRAINING AVAILABLE:

- Youth Mental Health First Aid
- Mental Health First Aid
- safeTALKS & safeYARN
- ASIST & I-ASIST



Manager, HealthAccess Mind Care
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02 4062 8907



Find out more:
thcfa.org.au



THE HEALTHY
COMMUNITIES
FOUNDATION
AUSTRALIA