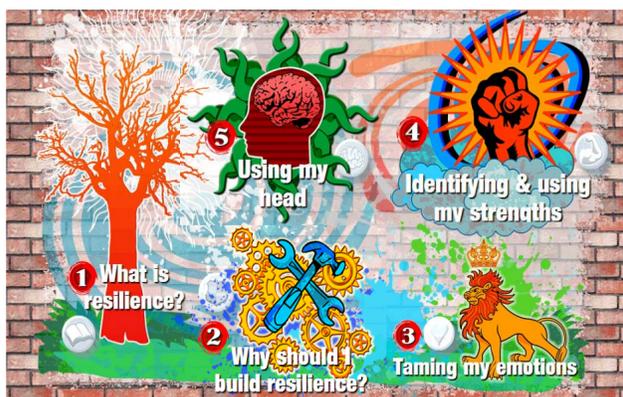


MindStrength

A free interactive online learning course about how you can become mentally stronger through resilience

WHAT'S IT ALL ABOUT?



MindStrength is an online course developed by Black Dog Institute for young people aged 14 - 16. It's designed to help you understand what resilience is and how it can help you get through the tough stuff in life.

The course includes:

- five short, interactive and engaging modules supported by helpful explainer videos
- useful resilience building strategies including mindfulness meditation, controlling emotions, identifying your strengths and a step by step process for problem solving

Access the course online at:

www.BLACKDOGLMS.com

Other supporting resources

For parents and people who work with young people

Building resilience in young people: this free online course includes five short, interactive, engaging modules designed to help you understand what resilience is and the role you can play building resilience in the young people you care for. Includes a range of practical strategies and helpful explainer videos.

Navigating teenage depression: this free online course includes five short, interactive, engaging modules designed to help you understand mood disorders such as depression and bipolar disorder, what to look out for in young people, how to provide support and where to seek help. Includes several short, helpful explainer videos.

For HPE teachers

HeadStrong: Black Dog Institute's free school curriculum resource for teaching about mental health and resilience. Aligned with the Health & Physical Education Australian Curriculum for Years 9-10. Free teacher development webinars also available. Free to download at: www.HEADSTRONG.org.au

All course available at: www.BLACKDOGLMS.com

More information at: www.HEADSTRONG.org.au

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