

MindShift to a better place. How do you value your true self? We think your self-worth matters. We encourage you to seek support if you feel down. Don't suffer in silence.

For the latest updates and further information please visit www.mindshift.org.au

Our Mission

It is our mission to ensure that every person has access to the resources available to build healthy self-esteem, to have a positive sense of self and to find meaning in life.



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MINDSHIFT TO A BETTER PLACE



Do you
doubt
your own
self-worth?

Are you feeling
overwhelmed
by life's
experiences?

The MindShift Foundation is here to help

MindShift is dedicated to raising awareness of the dangers of low self-esteem and to provide you with the resources to help you create self-worth, general wellbeing and positive mental health.

Always remember that you are not alone! Take the first step and talk to your Teacher or School Nurse. They understand and are here to help you.

Visit mindshift.org.au/resources for our online resources covering a diverse range of self-worth topics.



How we can help

The MindShift Foundation has a growing selection of online resources for your benefit. Topics include:

- Body Image
- Bullying
- Depression and Anxiety
- Online Bullying
- Peer Pressure
- Relationships
- Social Media
- Work Place Issues

Information to support schools and other educational providers is also available.

We know it's not easy, but we encourage you to visit www.mindshift.org.au and take the first step on your journey to *MindShift to a Better Place*.



Did you know your self-worth affects almost every aspect of your life?

Negative influences and thoughts can be prevalent in almost every facet of today's fast-paced world.

This adversely affects the way you may feel about yourself, and can impact the way you think about and react to life situations.

Unchecked, low self-worth may lead to mental health issues such as anxiety and depression.

It's okay to feel down. Everyone does at some point, but persistent low feelings can negatively impact your life.

Take the first step. Ask for help. Seek support.

The MindShift Foundation is here to help you take the first step. MindShift to a Better Place.

