

# MINDSHIFT TO A BETTER PLACE

Are you feeling  
overwhelmed  
by life's  
experiences?

Do you  
doubt  
your own  
self-worth?

*The MindShift Foundation is here to help*

**You are not alone.**

Take the first step and talk to your Teacher  
or School Nurse.

They understand and are here to help YOU.



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## *How we can help*

The MindShift Foundation has a growing selection of online resources that include:

Topics include:

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

Suggestions for how to prepare for your visit to your Teacher or School Nurse can be found at [www.mindshift.org.au/resources](http://www.mindshift.org.au/resources)



## *Do you want more out of life?*

It's okay to feel down.

Everyone does at some point, but persistent low feelings can diminish your quality of life.

When your self-worth is healthy and you feel positive, you can overcome any challenge.

You make better decisions. You feel able to cope. You communicate better with those who are important to you.

When you are resilient and doubt-free, you can live the life of YOUR choice.

Visit [www.mindshift.org.au](http://www.mindshift.org.au) and take the first step to **MindShift to a Better Place.**

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For the latest updates and further information  
please visit [www.mindshift.org.au](http://www.mindshift.org.au)

### *Our Mission*

To help individuals, families, communities and workplaces recognise the importance of self-worth, to encourage preventative mental health intervention, and to offer support to the community through awareness campaigns, resources and public discussions.

### *Our Vision*

That a healthy wellbeing and positive mental health and can be achieved by any person of any age and from any background.

### *24-Hour Telephone Counselling*

If you or someone you know has an urgent mental health issue and you are in Australia please call

Emergency	000
Lifeline	13 11 14
Kids Helpline	1800 551 800
MensLine Australia	1300 789 978
Suicide Call Back	1300 659 467

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