

Mental Fitness for Students

We know it's important for teens to be physically fit, but what about their mental fitness?

We've created a mental fitness pathway to help students build resilience and maintain good mental health.



Start the Mental Fitness journey with an interactive 30-minute classroom presentation

In this engaging presentation, students learn the importance of mental fitness and practical ways to build their mental strength, flexibility and endurance to deal with challenges, take advantage of opportunities, and improve overall wellbeing.

BITE BACK 6-Week Mental Fitness Challenge

With the BITE BACK 6-Week Mental Fitness Challenge, students can put their insights from the presentation into practice. We'll send tips, info and regular activities to help them on their journey.

To book a school presentation head to the School Education and Training section of our website:

www.blackdog.org.au or email community@blackdog.org.au



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