

LIVIN WELL IN SCHOOLS



Get rid of stigma and increase help-seeking with our 45-minute mental health program.

Presented to over 100,000 students (and counting) and they love it!

Delivered by carefully selected and relatable facilitators with a blend of mental health training and lived experience.

WHAT YOU'LL LEARN

- ➔ Identify warning signs.
- ➔ Strategies to look after the people in your life who may need support.
- ➔ Strategies to look after yourself.
- ➔ Info on when, where and how to access support.

WHAT'S INCLUDED

-  Storytelling to drive stigma reduction.
-  Engaging activities for the audience.
-  Access to exclusive merchandise deals.
-  Mental health toolkit to continue the conversation long after the visit.

WHAT THEY SAY

“After listening to the LIVINWell Program, I now feel it’s okay to not be okay all the time and asking for help is a sign of strength, not weakness”

– Year 12 student

“It Aint Weak to Speak is my new mantra in life”

– Year 9 student

BOOK A LIVINWELL NOW



LIViN[®]

#ITAINTWEAKTOSPEAK

LIVIN.ORG

LIVINWELL@LIVIN.ORG