

Participating in The Lift Project...

90%

...improved my mental health and wellbeing.

89%

...gave me skills for supporting my mental health and wellbeing during challenging times.

84%

...will be likely to have a positive, long-term influence on my wellbeing.

My mood is more positive, and my outlook is better from the knowledge. If I get a chance I want to repeat the lessons again. It really has improved my mood and overall health. I'm so grateful and thankful for The Lift Project.



91%

WOULD
RECOMMEND
THE LIFT PROJECT
TO A FRIEND!

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The Lift Project was informative, positive, and encouraging. There was a lot of variety to these lessons and they were very practical and useful. This is a wonderful project!

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