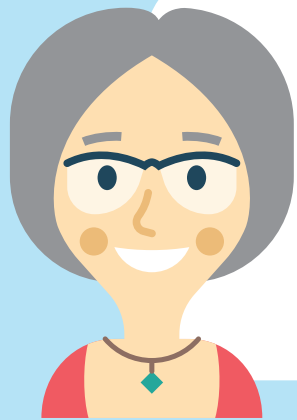


Over 670 people participated in The Lift Project hosted by Maroondah City Council. Here's what they had to say...



I like the clear and fascinating scientific explanations, and the videos are easy to watch and remember. The messages are clear, which means that I can apply them in life. I think that The Lift Project will be positively affecting the way I live my life for many years to come. Many thanks to Dr Darren Morton and to Maroondah Council for making it available to residents.



**98%**  
would recommend  
*The Lift Project*  
to a friend

**86%**

PARTICIPATING IN THE LIFT PROJECT IMPROVED MY MENTAL HEALTH AND WELLBEING.

**92%**

PARTICIPATING IN THE LIFT PROJECT GAVE ME SKILLS FOR SUPPORTING MY MENTAL HEALTH AND WELLBEING DURING CHALLENGING TIMES.

**93%**

UNDERTAKING THE LIFT PROJECT WILL BE LIKELY TO HAVE A POSITIVE, LONG-TERM INFLUENCE ON MY WELLBEING.



“

I could not be more grateful for this training. I felt helpless before. Now hopeful...everyone should complete this course.

”

The content was very relatable and easy to absorb. There was no judgement, just understanding. I was delighted that there was a version for my tweens. This was excellent as it wasn't too 'babyish'. At their age there is a 'why should I' attitude, and the content answered that. Very helpful!

