

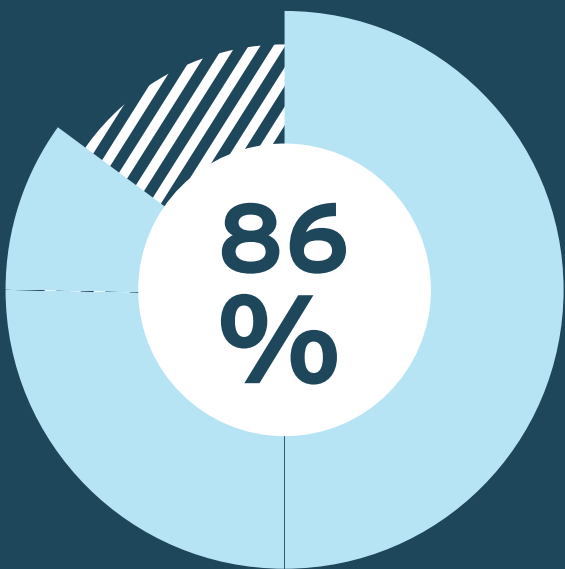
91%

WOULD RECOMMEND THE LIFT PROJECT TO A FRIEND!

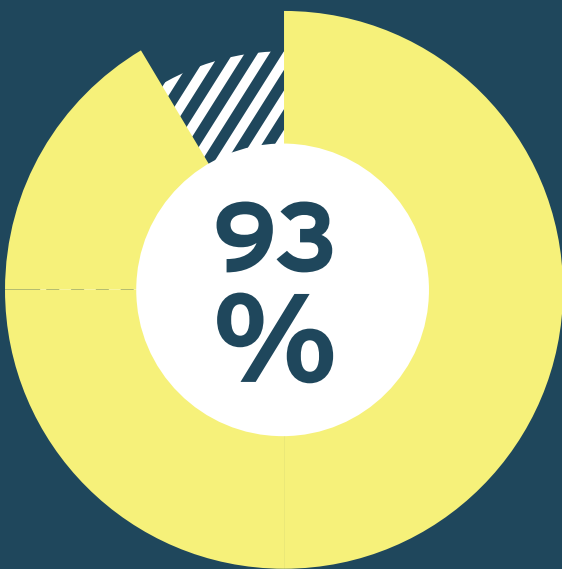


I liked that each week focused on a facet of mental health. Mental health is so very important, it is behind so much of our daily functionality. Our school did a great job of incorporating activities to support members who partook in the lift project. It was very neat to have activities connected to each week's lesson. I liked that I could read, watch or listen to the lessons too.

Participating in The Lift Project:



improved my mental health and wellbeing.



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



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

The Lift Project gave new insights to being all-round healthy and not just physically healthy. I really liked the commaradie that it's created within the district.



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The Lift Project was a great idea and I'm glad I was part of the program. I really enjoyed having the weekly emails and having different goals each week. I also liked the weekly emails from our school's program leader. It was also so exciting to see how many people were involved in our school district.

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