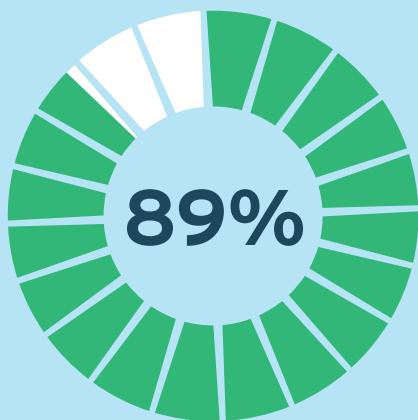


More than 495 people signed up to participate in The PHN Lift Project!

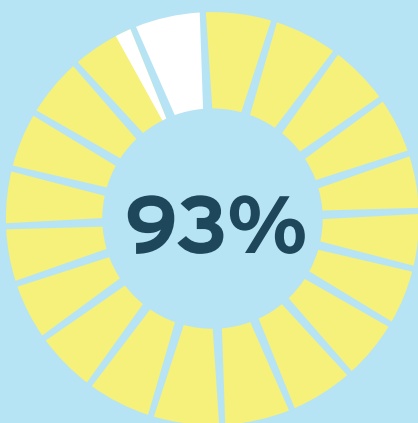


I found The Lift Project tied together all aspects of my life that I could control and gave me a reason why my brain was struggling. It made me feel more human. Some days are better than others, but I think about the lessons I've learnt and try to engage in one of the themes. I think this teaching should be mandatory for workplaces and in schools. I believe it would make a huge difference in peoples lives.

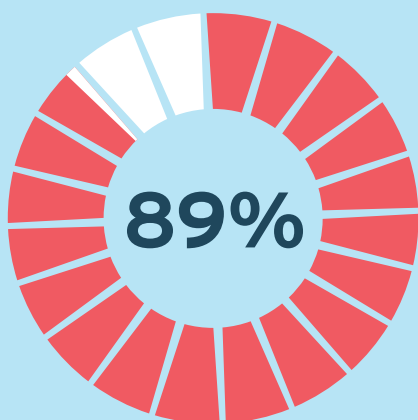
Respondents (N=36) said participating in The Lift Project:



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



improved my mental health and wellbeing.



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

93%

WOULD
RECOMMEND
THE LIFT PROJECT
TO A FRIEND!



I have found myself viewing things in a much more positive light and encouraging others to be kind and compassionate, not just to others but to ourselves as well.

“ I have shared the link with family and friends and highly recommended The Lift Project to them. I found it to be very worthwhile. I am so glad it was shared in our health region so I could participate. It has given me hope and lots of things to work towards to improve my life and give it meaning. ”