



**Black Dog**  
Institute

# How your **Meaningful Moment** for Mental Health makes a difference

## \$21

can pay for 3 teenagers to take part in our positive psychology program, BITE BACK, to help build emotional resilience and teach tools to deal with stress.

## \$65

can help us train community youth presenters to talk about mental health in schools and how to get support.

## \$300

can enable us to reach 300 people with our online clinic service.

## \$1000

brings together a group of First Nations community members to design an education resource on suicide in their local language.