



**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.