

Mental health matters.



To access the Take Charge Mental Health eLearning Program (MHeLP), scan the QR code above or visit belgraviafoundation.org.au

It's ok if
sometimes you
fall apart,
tacos fall
apart and we
still love them.



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Health isn't
just about
what you eat,
it's what you
think and
feel too.



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Exercise keeps
you occupied,
which can be
great for your
mental health.



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You spend
most of your
life inside
your head.
Make it a nice
place to be.



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There is
no health
without
mental health.



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Mental
illness
doesn't
discriminate.



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People who
need help
can look
a lot like
people
who don't.



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Needing help can look like this:



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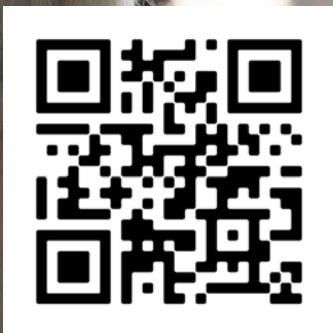
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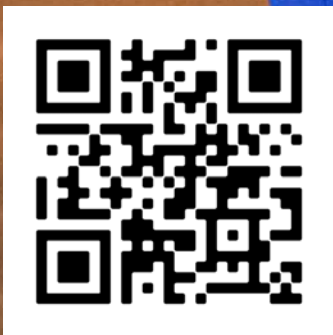
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Once you start
talking about
experiencing a
mental health
struggle,
you realise that
actually you're part
of quite a big club.

PRINCE HARRY



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MHeLP is a self
paced training
program just for you,
our leisure and
sport workers!

Get started when
you're ready, on your
own schedule.



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Earn two Fitness Australia Continuing Education Credits when you complete MHeLP!

Get started when
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own schedule.



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Level up your mental health knowledge with MHeLP!

Plus, you'll earn two
Fitness Australia CeC's.



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