



Being



aware.



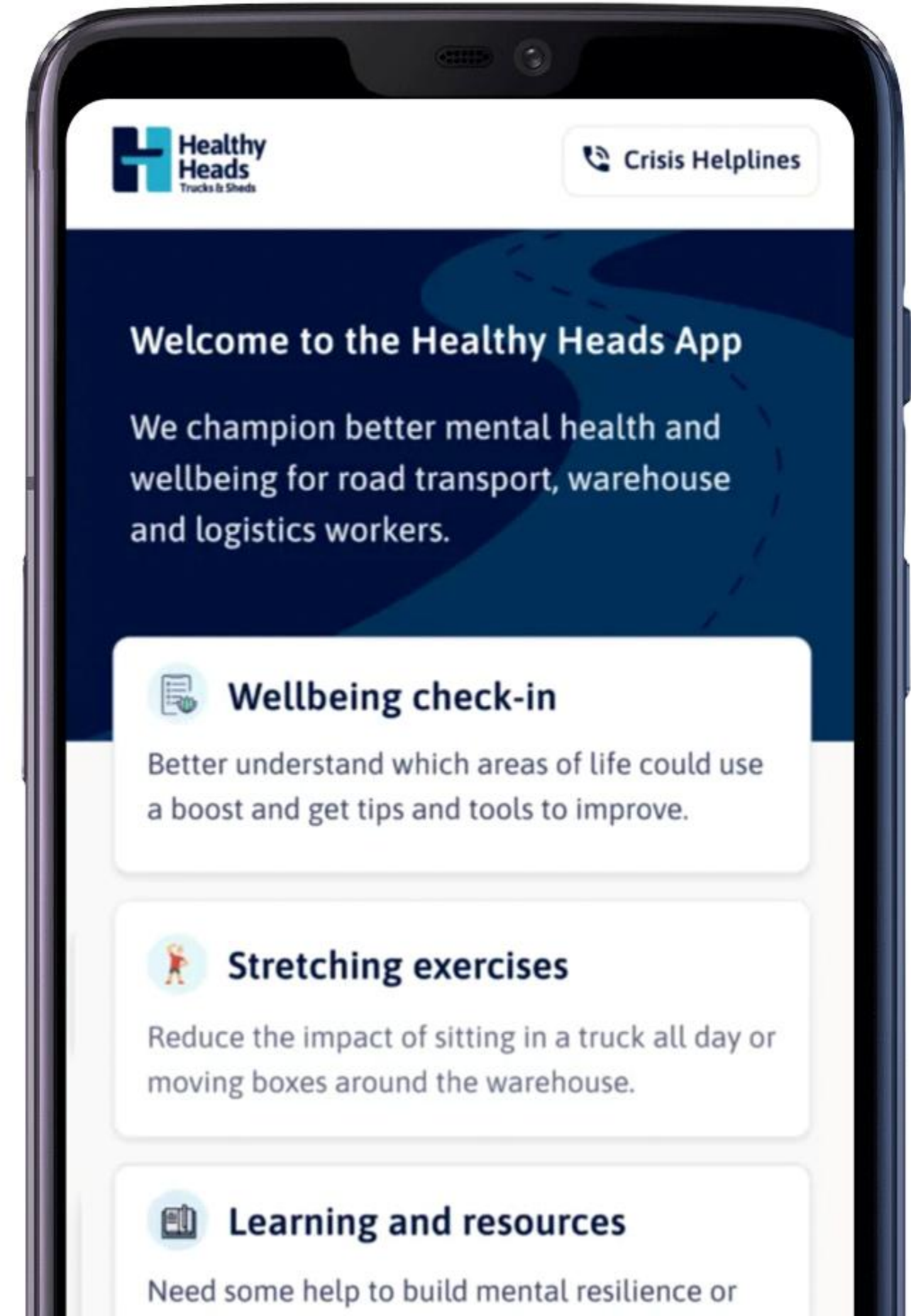
**When we improve our self-awareness
we are better able to take care of
ourselves and others.**





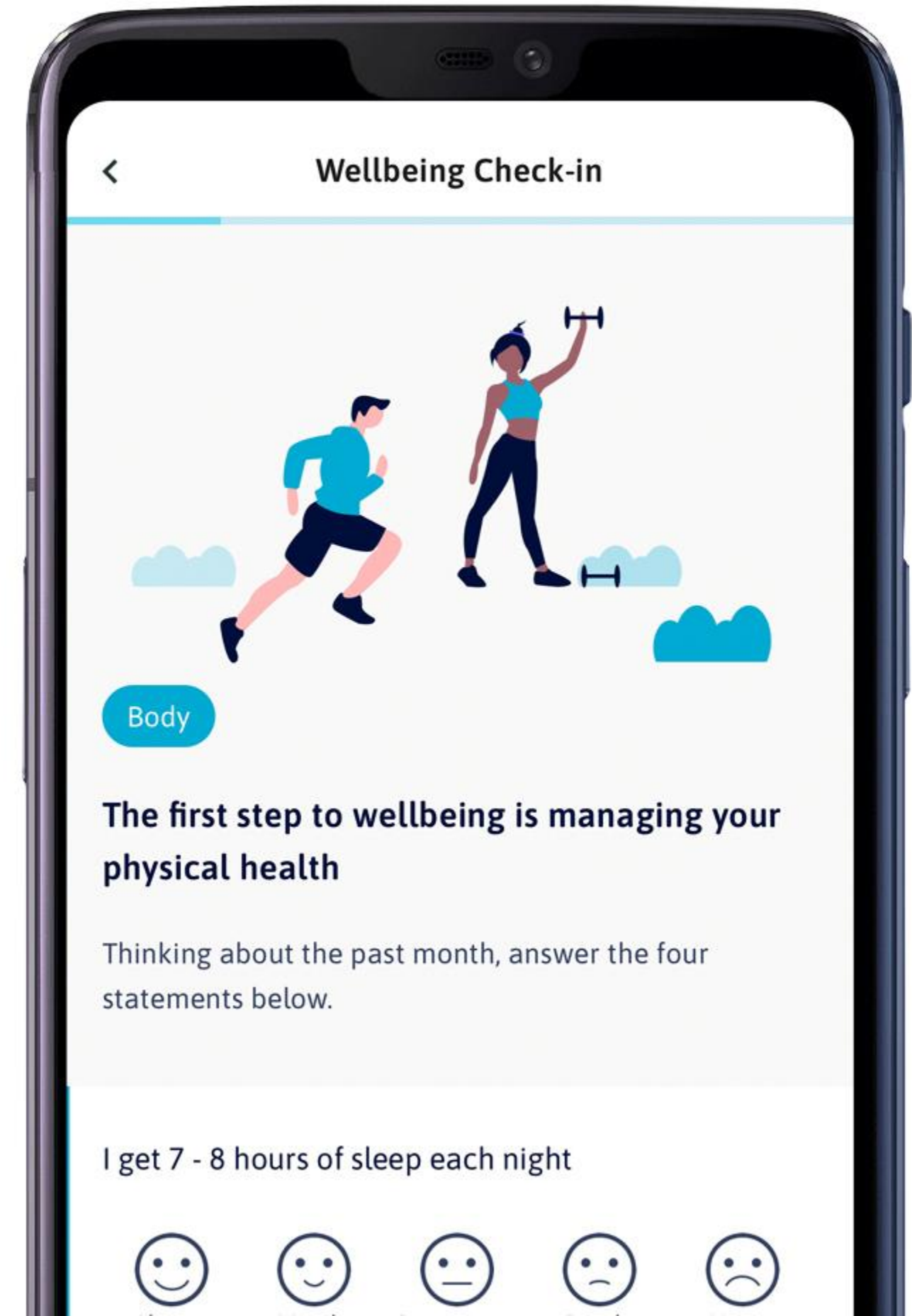
The Healthy Heads App

Wellbeing check-in.





It's quick and easy.



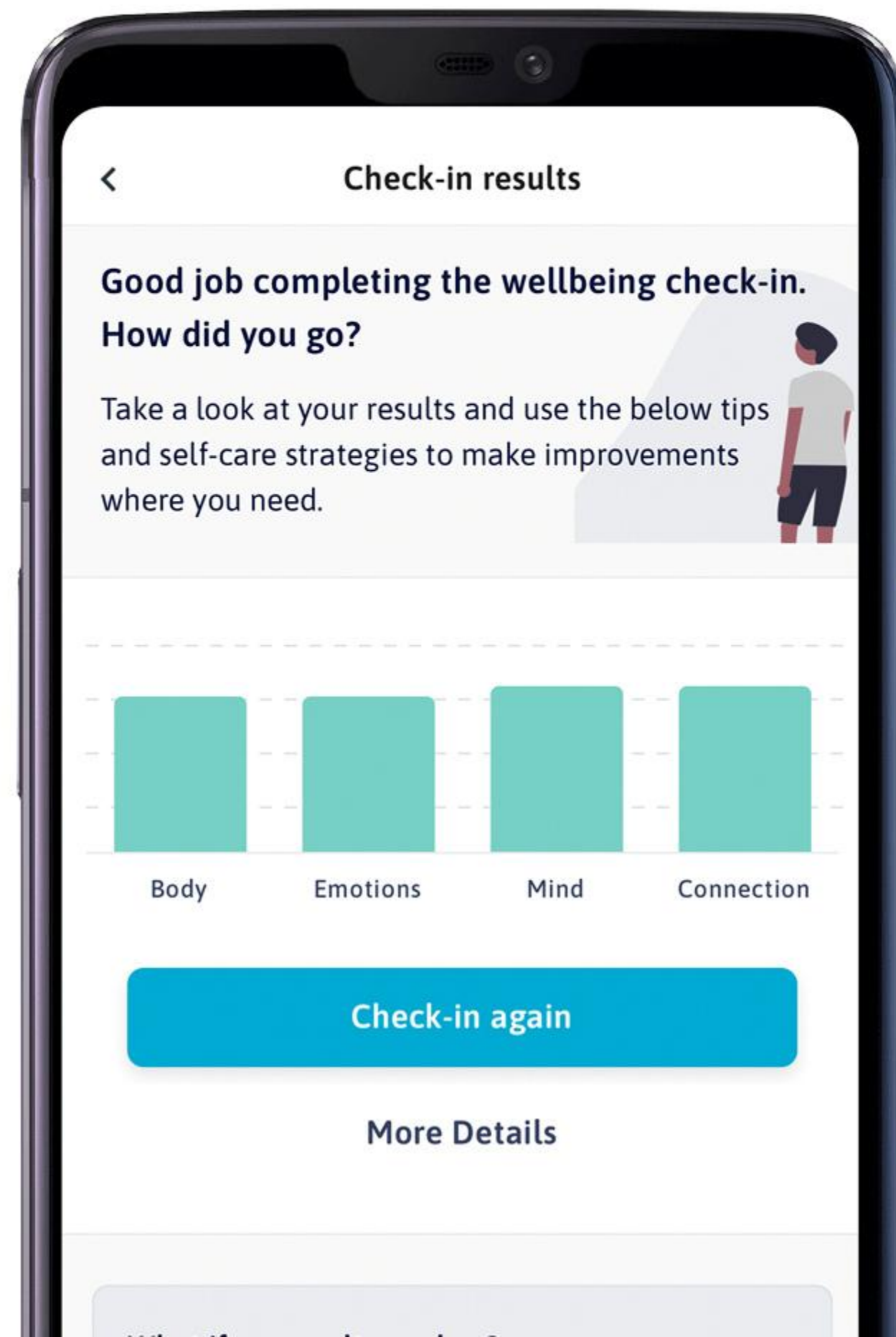
It's holistic.

Body

Emotions

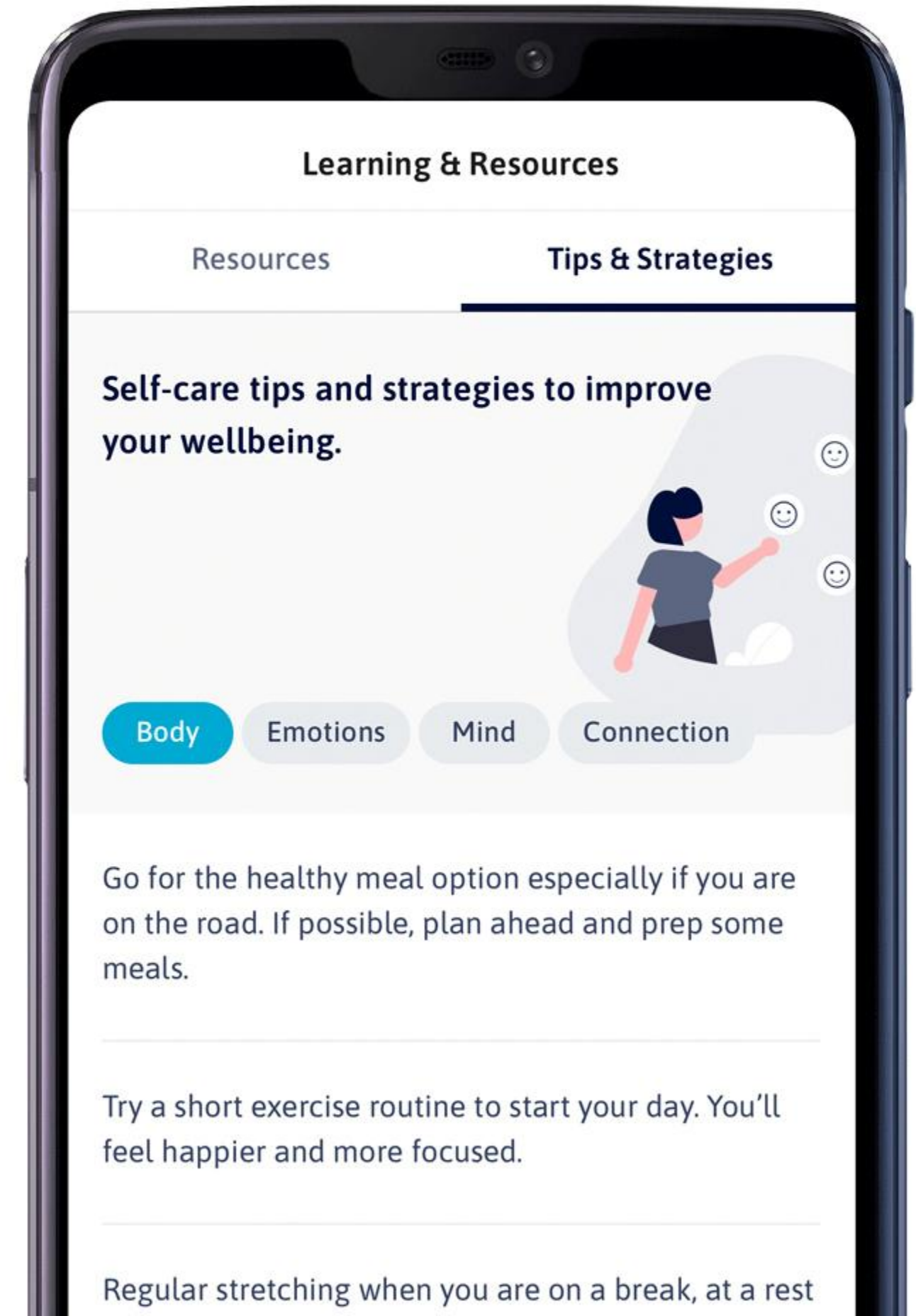
Mind

Connection





It's helpful.





Support online and on hand.

- Resources and training
- Information on better nutrition
- Recovery after Trauma Guide
- How Ya Travellin'? Podcast



Access our **FREE resources**
on the Healthy Heads website
www.healthyheads.org.au



Download the
**FREE Healthy
Heads App**

