How_2_be_well

Mental Health Support For The In Between

Because you don't need to be in crisis to deserve support

FIND YOUR KIND OF SUPPORT

Explore options here

For the days your mind won't switch off, life feels overwhelming, or you just need a little extra support.

CONNECT *FREE*

Stay connected

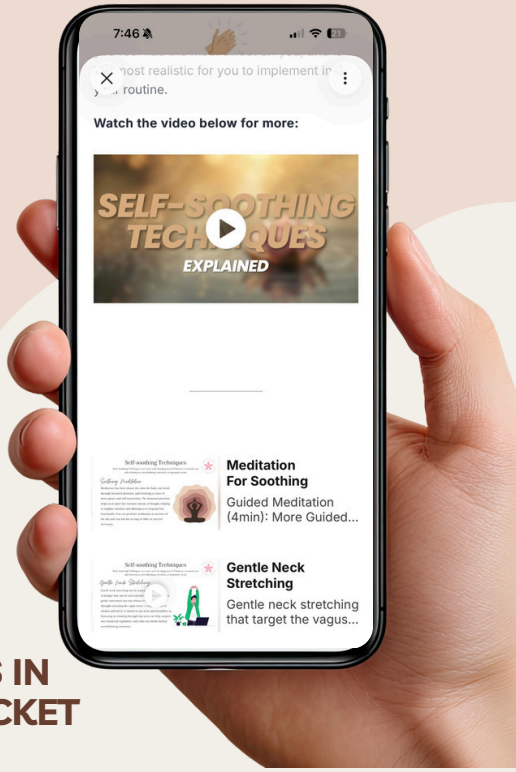
- ✔️Community
- ✔️Daily Messages
- ✔️Resource Sheets
- ✔️Service Directory

WELLBEING - *4 WEEKS FREE THEN $14.99/MONTH*

Build practical skills & navigate everyday challenges

Everything in connect. PLUS:

- ✔️Monthly check-ins
- ✔️Voice memos
- ✔️Wellbeing Toolbox
- ✔️ Workshops
- ✔️ Book Club



SUPPORT THAT FITS IN YOUR POCKET

HOW TO BE WELL BREAKING THE STIGMA