



Amplify the good stuff in life!



bitebackau
@BiteBackAU



**Black Dog
Institute**

Bite Back



What is Bite Back?

Black Dog Institute's Bite Back is an online space aimed at improving the overall wellbeing and resilience of young Australians.

It's a space where you can learn new ways to increase your levels of wellbeing, reduce stress levels and improve your mental fitness. The best part is that it's fun and packed with loads of interactive activities!

With Bite Back you can:

Increase your happiness

Improve your stress levels

Improve your friendships

Improve your focus

Set goals and stick to them

www.biteback.org.au



Black Dog
Institute

Bite Back