



DURATION:
15 MINUTES

ATTENDEES:
UNLIMITED

MIND HEALTH TOOLBOX TALK



Just like a toolbox in a shed, every tool in the Mind Health Toolbox has a purpose.

In this powerful session, Anthony shares his incredible story and tool-by-tool, walks attendees through the Mind Health Toolbox. Developed by Anthony, each of the practical, easy to use tools are designed to help halt the early signs of stress, anxiety, or depression. Anthony drives home the importance of taking action early, so that others don't go through what he did.

Every attendee will walk away knowing how to use the free, easy to access Mind Health Toolbox that can be shared with family, friends, and colleagues.

“Like taking your mind to the gym”

Trevor Greer - Government & Business Fleet Manager - SA/NT

