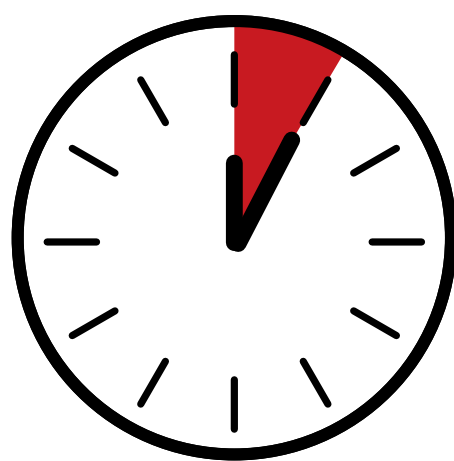


Please start the well-being assessment.



It'll take just 5 minutes to complete and you'll receive a personalised plan designed to help you flourish.

GET STARTED →

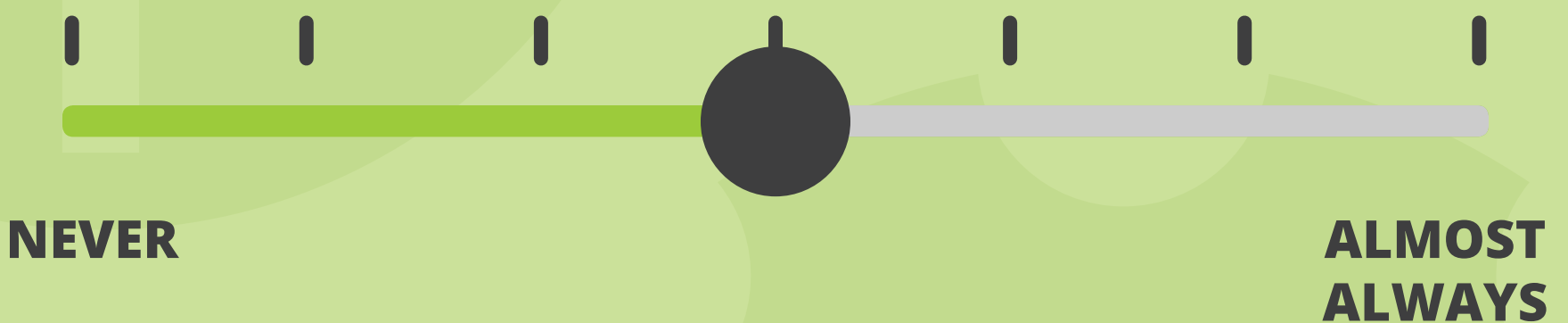
MIND

QUESTION 1 OF 17

In the past 2 weeks...

I felt my mental health
was challenged

Sometimes



NEXT



MIND COMPLETE ✓



Good work!

Next up questions about
your **body**

NEXT



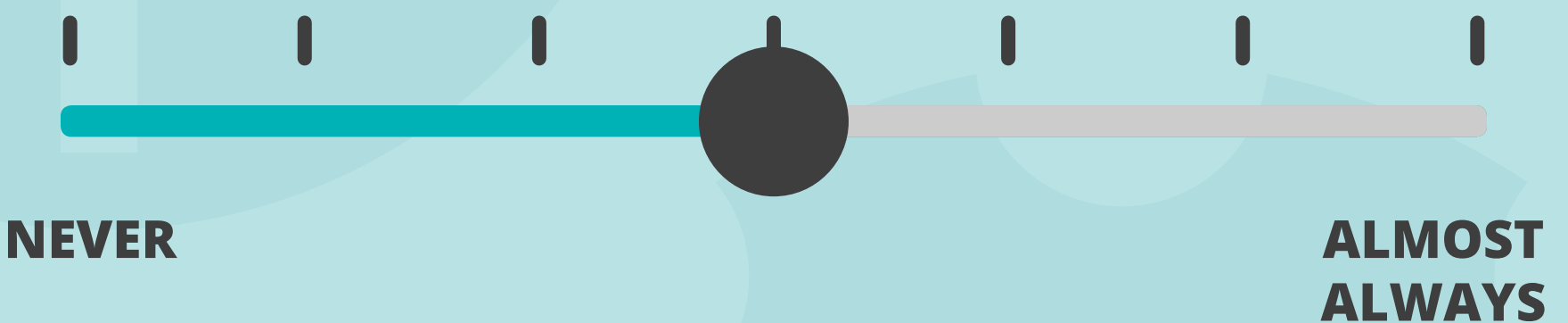
BODY

QUESTION 1 OF 17

In the past 2 weeks...

I felt my mental health
was challenged

Sometimes



NEXT



BODY COMPLETE ✓



Good work!

Next up questions about
your **work**

NEXT



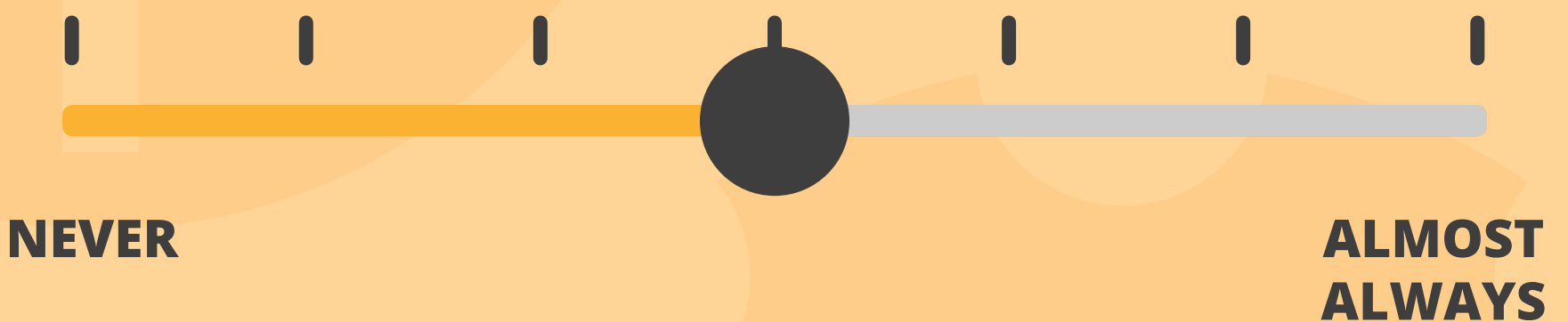
WORK

QUESTION 1 OF 17

In the past 2 weeks...

I felt my mental health
was challenged

Sometimes



NEXT



WORK COMPLETE ✓



Good work!

Next up questions about
your **life**

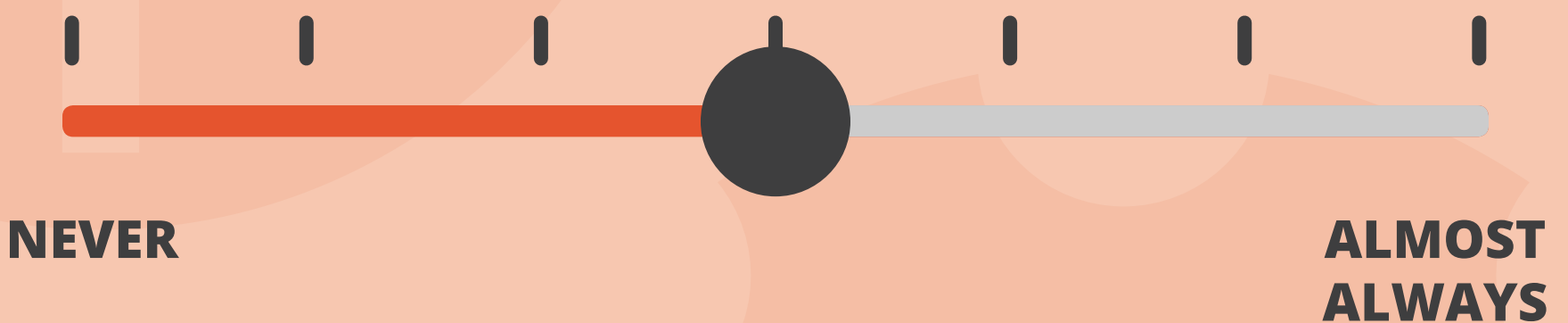
NEXT



In the past 2 weeks...

**I felt my mental health
was challenged**

Sometimes



NEXT



LIFE COMPLETE ✓



Good work!

Next up your **results**

NEXT



YOUR RESULTS!

We've mapped your wellbeing across these four key areas



[LEARN MORE](#)



[LEARN MORE](#)



[LEARN MORE](#)



[LEARN MORE](#)

Ready to take action?

Choose a goal and start a plan to help you strengthen your mental well-being

[CHOOSE A GOAL](#)



CHOOSE YOUR GOAL

We've created a range of evidence based activities to help you on your journey toward reaching your wellbeing goals



Build positive emotions

Explore activities and strategies for boosting positive mood

SELECT GOAL

