

# WELCOME TO THE RESILIENCE PROJECT™

## Families

### Why wellbeing?



**1 in 4 primary students** experience high levels of depression or anxiety.<sup>1</sup>



**1 in 3 secondary students** experience high levels of depression or anxiety.<sup>1</sup>



**2 in 5 adults** experience a mental disorder in their lifetime.<sup>2</sup>

<sup>1</sup> State of the Nation Report 2024

<sup>2</sup> Australian Bureau of Statistics: National Study of Mental Health and Wellbeing, 2020-2022.

### School wellbeing program

With staggering statistics among children, young people and adults in Australia, The Resilience Project is working to **drive change through a preventative approach by building a culture of wellbeing in schools.**

Based on the evidence-based principles of **Gratitude**, **Empathy**, **Mindfulness** (GEM) and **Emotional Literacy**, our program equips students with lifelong wellbeing habits and **empowers families to support wellbeing at home.**

The whole-school wellbeing program involves explicit teaching through our **evidence-based curriculum** alongside wellbeing habits being integrated in school routines.

### Supporting wellbeing at home

We know that when schools, families and communities **speak the same language around mental health, our young people thrive.** Throughout the year, you'll receive resources to help you develop wellbeing and resilience at home.

### Proven impact

Through multiple independent evaluations, students participating in our School Wellbeing Program have shown **measurable improvements** compared to students at schools that aren't involved.



Scan the QR code or [click here](#) to learn more.



### The Imperfects podcast

On this podcast, founder of The Resilience Project **Hugh van Cuylenburg**, his good friend **Ryan Shelton**, and only one of their brothers, **Josh van Cuylenburg**, talk to a variety of interesting people who **vulnerably share their own struggles and imperfections, or expertly pass on their wisdom on the subject of imperfection.** Whether it's in The Vulnerabilitea House, The Academy of Imperfection, or with their resident psychologist, Dr Emily, The Imperfects are here to find some valuable takeaways we can all apply to our own imperfect lives.