

WELCOME TO THE RESILIENCE PROJECT™

Parents & Carers



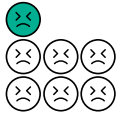
Why?



1 in 4
adolescents have a
mental illness.



65%
of adolescents do
not seek help.



1 in 7
primary school children
have a mental illness.



1 in 5
adults will experience
mental illness.



Over 50%
of students are at risk of a **poor learning
mindset** (anxiety + disengagement).

Source: National Survey of Mental Health and Wellbeing, Australian Institute of Health and Welfare, Australia's Youth: Mental Illness

About the program

TRP is committed to **teaching positive mental health strategies** to prevent mental ill health and **build young people's capacity to deal with adversity**.

We're proud to be implementing TRP's **evidence-based whole school wellbeing program** to support positive mental health in the classroom, staffroom and wider community.

Students will engage in weekly lessons to understand and strengthen their practice of **Gratitude**, **Empathy**, **Mindfulness** and **Emotional Literacy**, with regular opportunity for parent/carer involvement.



Get involved with TRP@HOME

Scan the QR code
or [click here](#) to
find **activities
and resources** to
implement the GEM+EL
principles at home.



Evidence-based

TRP's School Partnership Program
has been independently evaluated
by [The University of Adelaide](#) and
[The University of Melbourne](#).



Scan the QR code to learn more about how the program
is **significantly lowering the risk of mental illness**.

the imperfects

hosted by
hugh van cuylenburg
ryan shelton
& josh van cuylenburg



The imperfects podcast

The imperfects is hosted by Hugh van Cuylenburg, Ryan Shelton and Josh van Cuylenburg, **celebrates just how imperfectly perfect we all are**. Together, they chat to a variety of **people who bravely share their struggles and imperfections alongside valuable learnings we can apply to our own lives and use to support the teachings of TRP in the classroom**. Guests include Nathan Buckley, Grace Tame, Jack Steele, Zan Rowe, Michael Klim, Billy Slater, Lael Stone, Pat Cummins, Tim Minchin and many more.

