

Amplify the good  
stuff in life!

**BITE**

**BACK**

Black Dog Institute's BITE BACK is an online space for young Australians, where you can learn new ways to increase your levels of wellbeing, reduce stress levels, improve your mental fitness and amplify the good stuff in life!

[www.biteback.org.au](http://www.biteback.org.au)

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**BITE BACK** and take control  
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# Mental Fitness Challenge

**In six weeks you can:**

- Increase your happiness
- Improve your stress levels
- Improve your friendships
- Improve your focus
- Set goals and stick to them

**Plus the chance to win a  
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