

Amplify the  
good stuff  
in life!

**BITE**

**BACK**

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

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What is **BITE BACK**?

Black Dog Institute's **BITE BACK** is an **online space** aimed at improving the overall **wellbeing** and **resilience** of young Australians.

It's a space where you can learn new ways to increase your levels of wellbeing, reduce stress levels and improve your mental fitness. The best part is that it's fun and packed with loads of interactive activities!

With **BITE BACK** you can:

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

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**Black Dog  
Institute**

