



Be Well Programs

Be Well Programs are a suite of mental health and wellbeing training offerings from Be Well Co, an entity of the South Australian Health and Medical Research Institute (SAHMRI), ranked number 40 in the world's top research institutes.

Be Well Programs help you to better understand your own mental health and introduce you to tools and activities that are scientifically proven to improve your mental wellbeing. With three different formats on offer, all of which can be delivered as stand-alone programs or as a suite of training offerings that are accessible in person or online, there is flexibility to suit your needs.

Be Well Plan

The Be Well Plan provides you with the tools to develop a personalised mental health and wellbeing strategy tailored to your psychological health profile and your current life circumstances. You will walk away with a tailored plan comprising self-selected activities from a collection of evidence-based resources to help you deal with stress, build wellbeing and resilience and be your best possible self.

Be Well Plan is delivered over 5 weekly sessions x 2 hours each week.

Session 1

Building a wellbeing foundation

Session 2

Using your wellbeing profile

Session 3

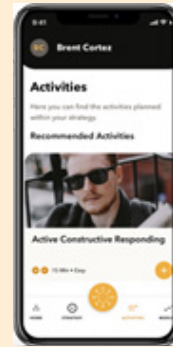
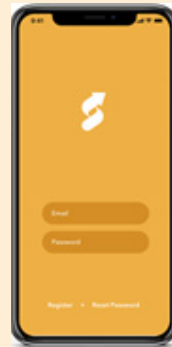
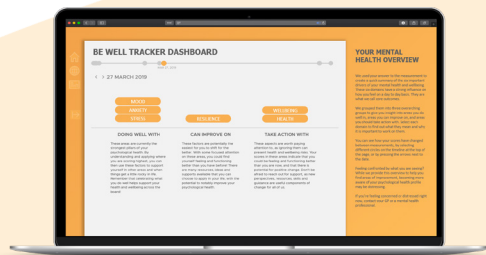
Exploring your resources and challenges

Session 4

Managing stress and building resilience

Session 5

Living your Be Well Plan



Be Well Plan Evidence

Be Well Plan was developed by world leading wellbeing and mental health researchers from SAHMRI and Flinders University's Orama Institute for Mental Health and Wellbeing.

Drawing on the best available evidence from around the world, SAHMRI conducted a meta-analysis (a 'study of studies') including over 400 studies of psychological programs, to understand the most effective ways to improve mental wellbeing. This resulted in the activities presented in the Be Well Plan, which are available to you in an easy to apply format.

Be Well Plan was also informed by SAHMRI's experience over 6 years in delivering wellbeing and resilience programs to over 5,000 people from a wide range of backgrounds and experiences. Be Well Plan has been proven to be effective in three separate studies, including a 'Randomised Control Trial' (which is the gold-standard of testing).*

Be Well Technology

A unique feature of the Be Well Programs is their integration with technology.

Be Well Tracker

As a Be Well Program participant you will have the opportunity to take an online measure of your mental health and wellbeing using the Be Well Tracker. You will receive confidential insights into your mental health in 6 key areas: wellbeing, resilience, anxiety, stress, mood and health. The Be Well Tracker is available to you as a resource to track your mental wellbeing over time.

Be Well Plan Mobile App

The Be Well Plan App gives you access to tools and activities right in the palm of your hand to help you develop your own unique Be Well Plan to build your mental health.

*Please note evaluation of Be Well Programs to date has been of the Be Well Plan. Be Well Foundations and Be Well Masterclasses are to be evaluated by SAHMRI, Flinders University and Be Well Co researches, with data on their effectiveness due to be available in 2022.

“The results are clear – Be Well Plan is proven to improve mental health outcomes including increasing wellbeing and resilience and reducing distress.”

SAHMRI evaluation of Be Well Plan