



# COMMUNITY WELLBEING

We are providing our young people and their families free access to the **Upskill** app.

While creating a positive mental health environment for our young people is important to the AITC, so too is focussing on the wellbeing of our parent community, particularly during these extraordinary times.

## WE ARE IN THIS TOGETHER.

It is understandable that our community may be feeling afraid, stressed, anxious and overwhelmed by changing economic circumstances, media coverage and a new online learning environment due to COVID-19.

Upskill is a training app that teaches a new skill each week, designed to boost your mood, build resilience, and increase emotional intelligence.

Just as being active can improve physical health, regular mental fitness activities can lead to big improvements in your mental wellbeing.

## HOW TO GET STARTED.

1. Visit <https://uprise.co/aitc/> or download the *Uprise - Mental Resilience* app on your device.



2. Create an anonymous account and enter the code **aitcfamily**.
3. Conduct a digital wellness check by answering a few questions.
4. Regularly logon to the app to upskill your mental fitness.



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