

# ALLKND x Arc Wellness

Peer to Peer Mental Health First Aid



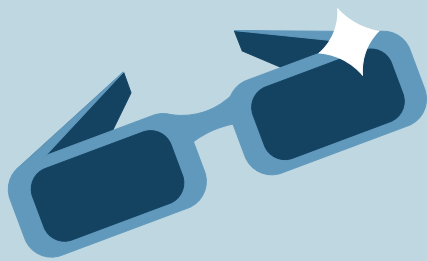
WELLNESS

# Who is ALLKND?

We're a Gen Z team redefining Mental Health education in Australia and teaching young people how to reconnect and safely support the people they care about.

We know from research, **2 in 5 young Aussies are currently facing mental health challenges**. We also know a majority of them go to their peers first for support

Instead of steering clear of tough topics and uncomfortable conversations, we're empowering and trusting our young people with the knowledge and skills they need to do what they've been doing for decades and are really good at: being good mates!



# ALLKND x Arc Wellness

Arc Wellness has partnered with ALLKIND to help upskill our student community in Peer to Peer Mental Health First Aid.



**Become certified in Peer to Peer Mental Health First Aid in just 1-2 hours!**

Complete the [Good Mate Training](#) and make sure to select **UNSW** as your Team.

