



Brain Injury SA.

Embrace life after brain injury



SAHMRI

South Australian Health & Medical Research Institute



Be Well Co
Certified Trainer

Be Well Plan: For families and carers of people with an Acquired Brain Injury (ABI).

Be Well Plan helps you better understand your own mental health and introduces you to tools and activities that are scientifically proven to improve your mental wellbeing.

The Be Well Plan is the latest mental health and wellbeing training program 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 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.

Each two-hour session, spaced over six weeks will be:

- Building a wellbeing foundation
- Using your wellbeing profile
- Exploring your resources and challenges
- Managing stress and building resilience
- Living your Be Well Plan

Where:

Online sessions facilitated by professionals in ABI.

When:

Dates TBC

Cost:

Free to all family and carers of people with an ABI.

To Register:

No future dates are currently confirmed.

To register your interest call 8217 7600 or email info@braininjurysa.org.au and we can advise you when the next sessions are starting.

PROUDLY SUPPORTED & FUNDED BY:

Lifetime
SUPPORT



More information?

For more information on what services Brain Injury SA can offer, please contact us:

Telephone

08 8217 7600

Country callers

1300 733 049

Email info@braininjurysa.org.au

www.braininjurysa.org.au



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‘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

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)*

*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 research, with data on their effectiveness due to be available in 2022.

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.