

## ***FIT TO FLY CHALLENGE***

# **The difference you'll make**



**\$30**

Will help provide digital and printable resources related to specific mental health concerns.



**\$55**

Can contribute towards delivering essential Mental Health First Aid training in local communities.



**\$92**

Will help provide one on one counselling to an outback Australian during a difficult time.



**\$250**

Can help make community-based wellbeing workshops possible in remote areas.