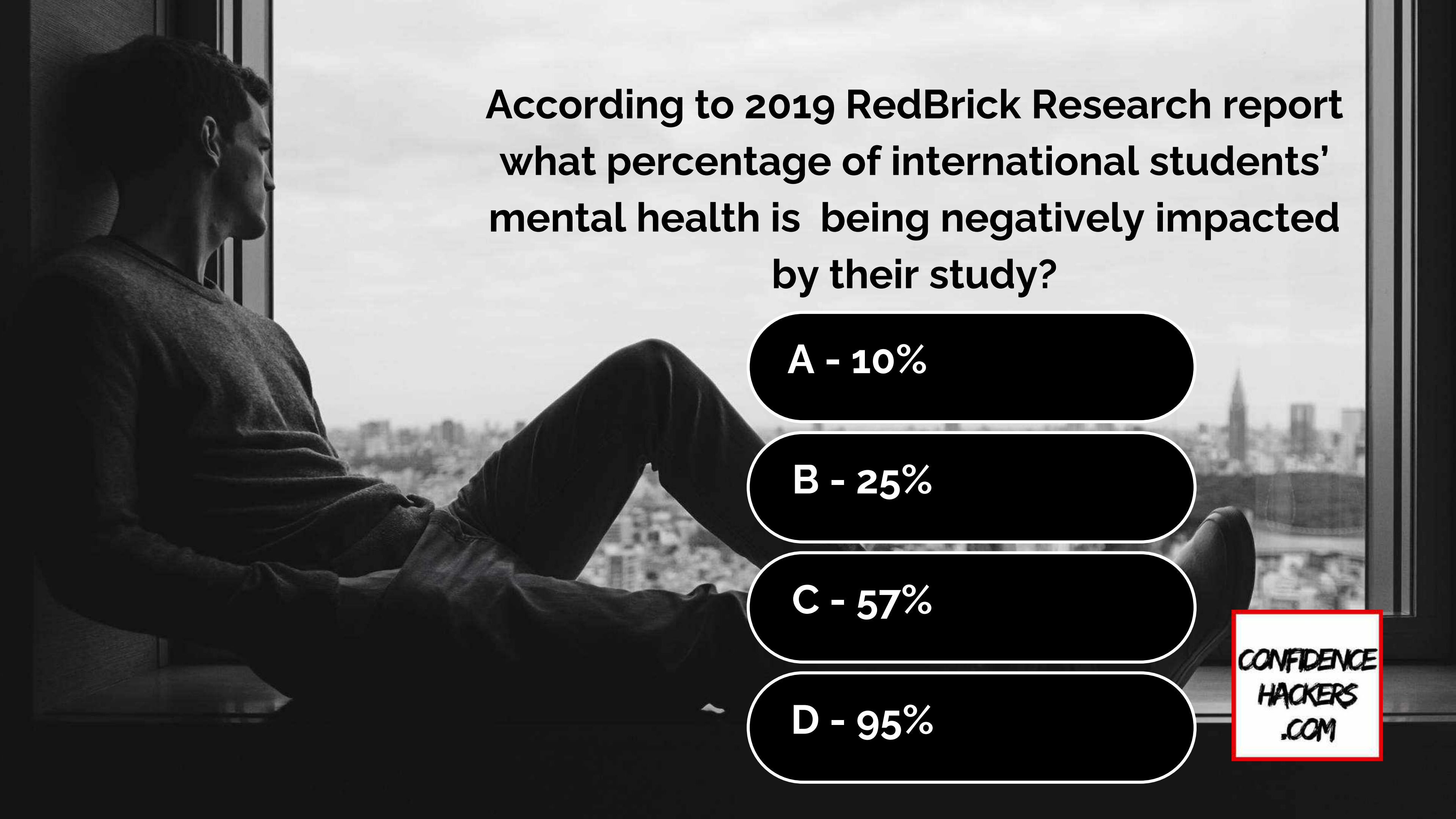


THAT IS MENTAL!!!

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According to 2019 RedBrick Research report
what percentage of international students'
mental health is being negatively impacted
by their study?

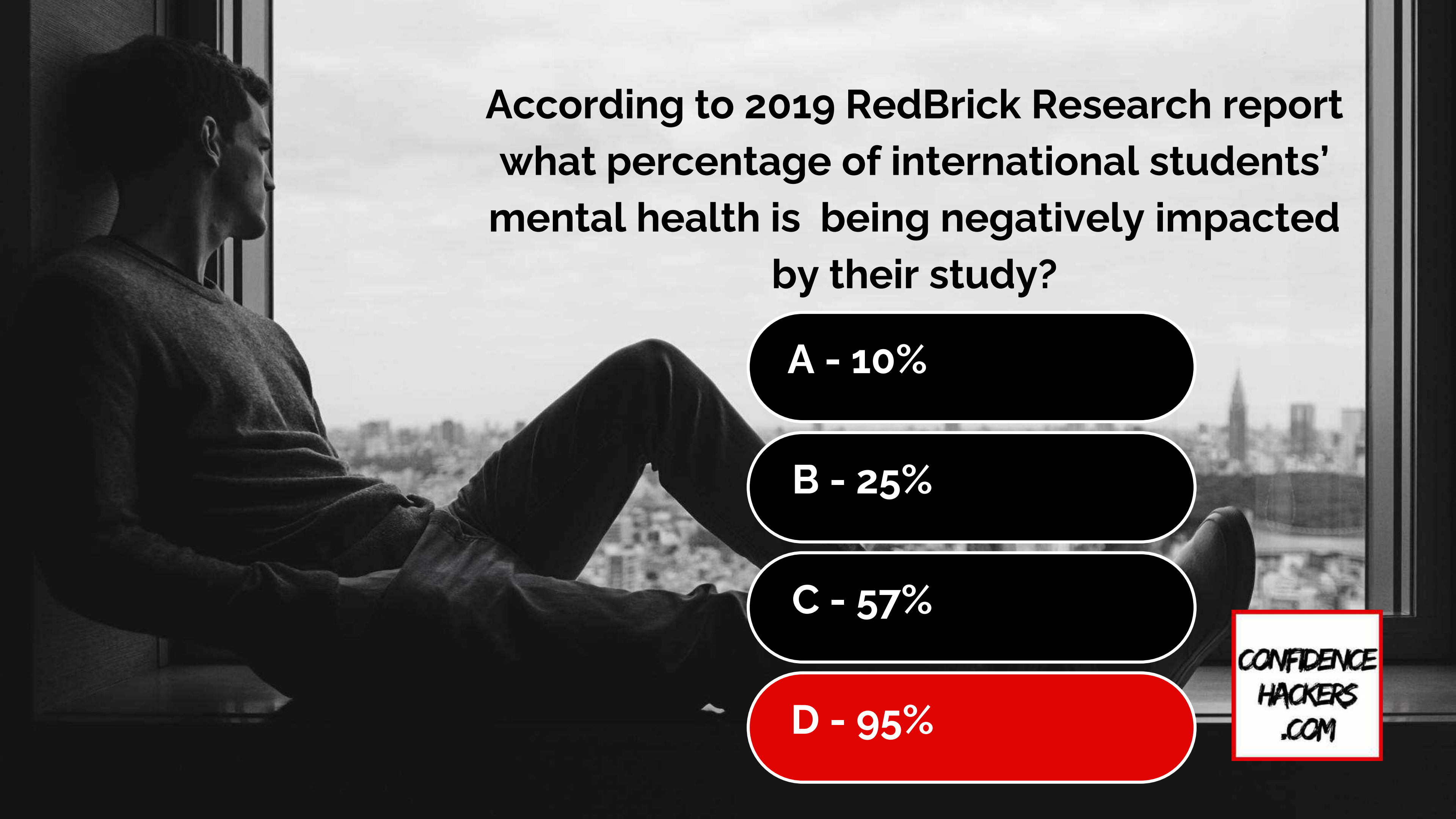
A - 10%

B - 25%

C - 57%

D - 95%

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THAT'S MENTAL!!!

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According to Orygen,
what percent of mental
illness emerges before
the age of 25, a period of
life when many young
people transition to, or
are engaged in,
university education

A - 16%

B - 33%

C - 58%

D - 75%

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THAT'S MENTAL!!

What percent of international students seriously considered dropping out? According to Red Brick Research Nov 2019

A - 10%

B - 15%

C - 20%

D - 40%

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THAT'S MENTAL!!

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According to a 2016 headspace report, what percentage of students DID NOT report at least one day in the past month when they were totally unable to work or study due to symptoms of poor mental health .

A - 16%

B - 28%

C - 32%

D - 35%

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THAT IS MENTAL AVAL

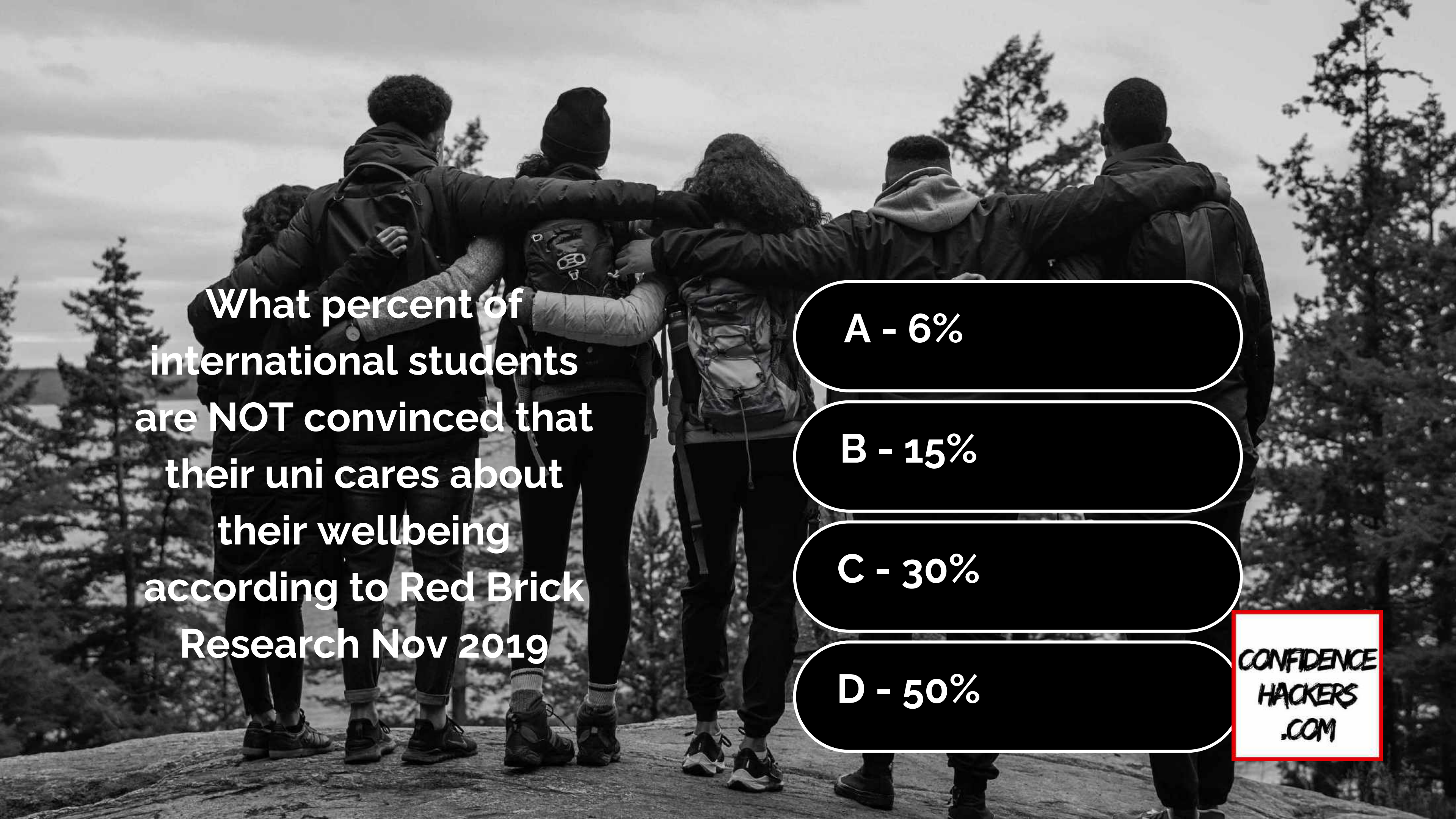
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D - 35%

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**What percent of
international students
are NOT convinced that
their uni cares about
their wellbeing
according to Red Brick
Research Nov 2019**


A - 6%

B - 15%

C - 30%

D - 50%

**CONFIDENCE
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What percent of international students are NOT convinced that their uni cares about their wellbeing according to Red Brick Research Nov 2019

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THAT'S

MENTAL!!!

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According to the Victorian Coroner Prevention Unit how many international student suicides were there in Victoria alone between 2009-2019?

A - 10

B - 29

C - 41

D - 47

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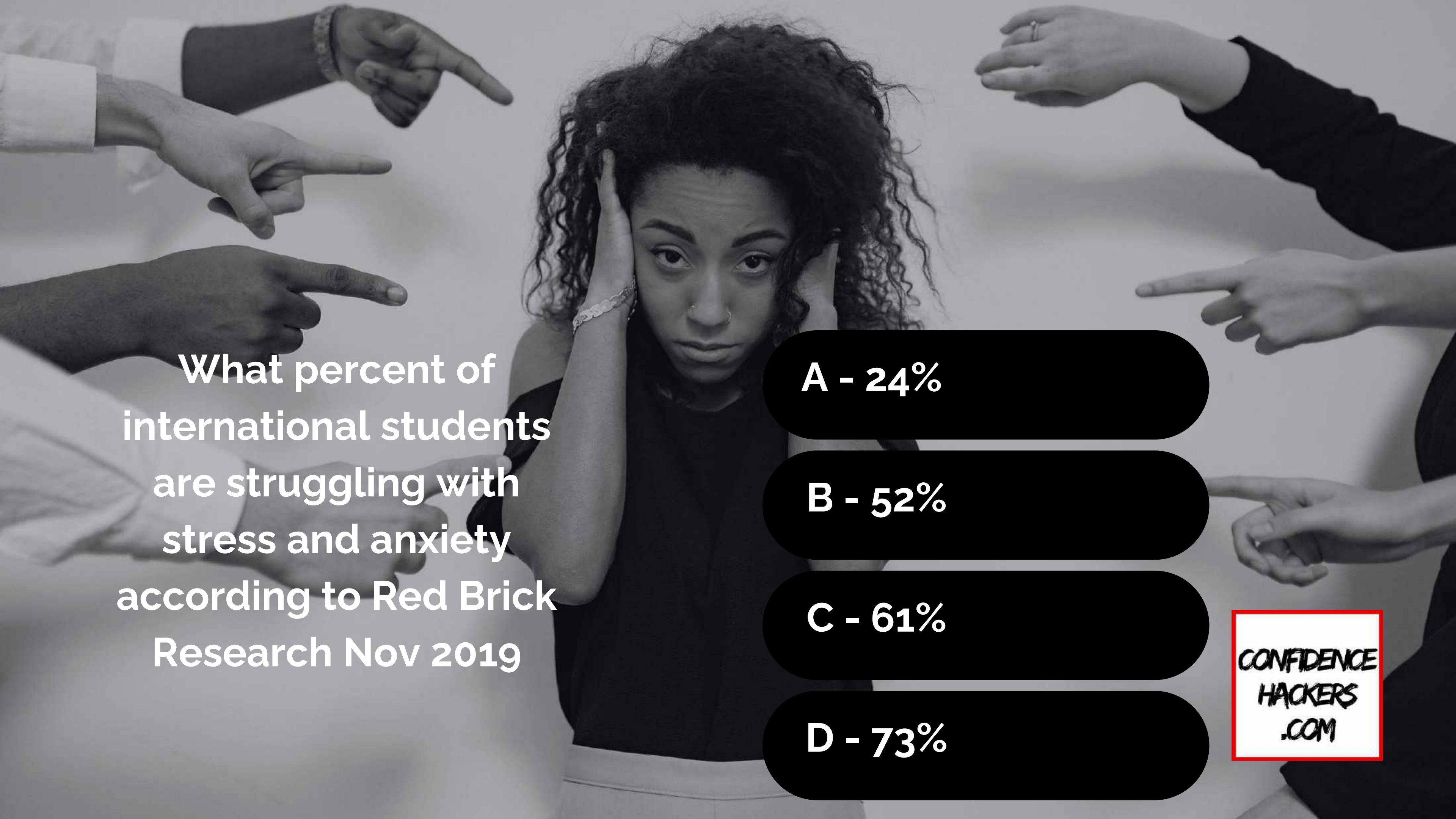
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THAT'S MENTAL!!

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What percent of international students are struggling with stress and anxiety according to Red Brick Research Nov 2019

A - 24%

B - 52%

C - 61%

D - 73%

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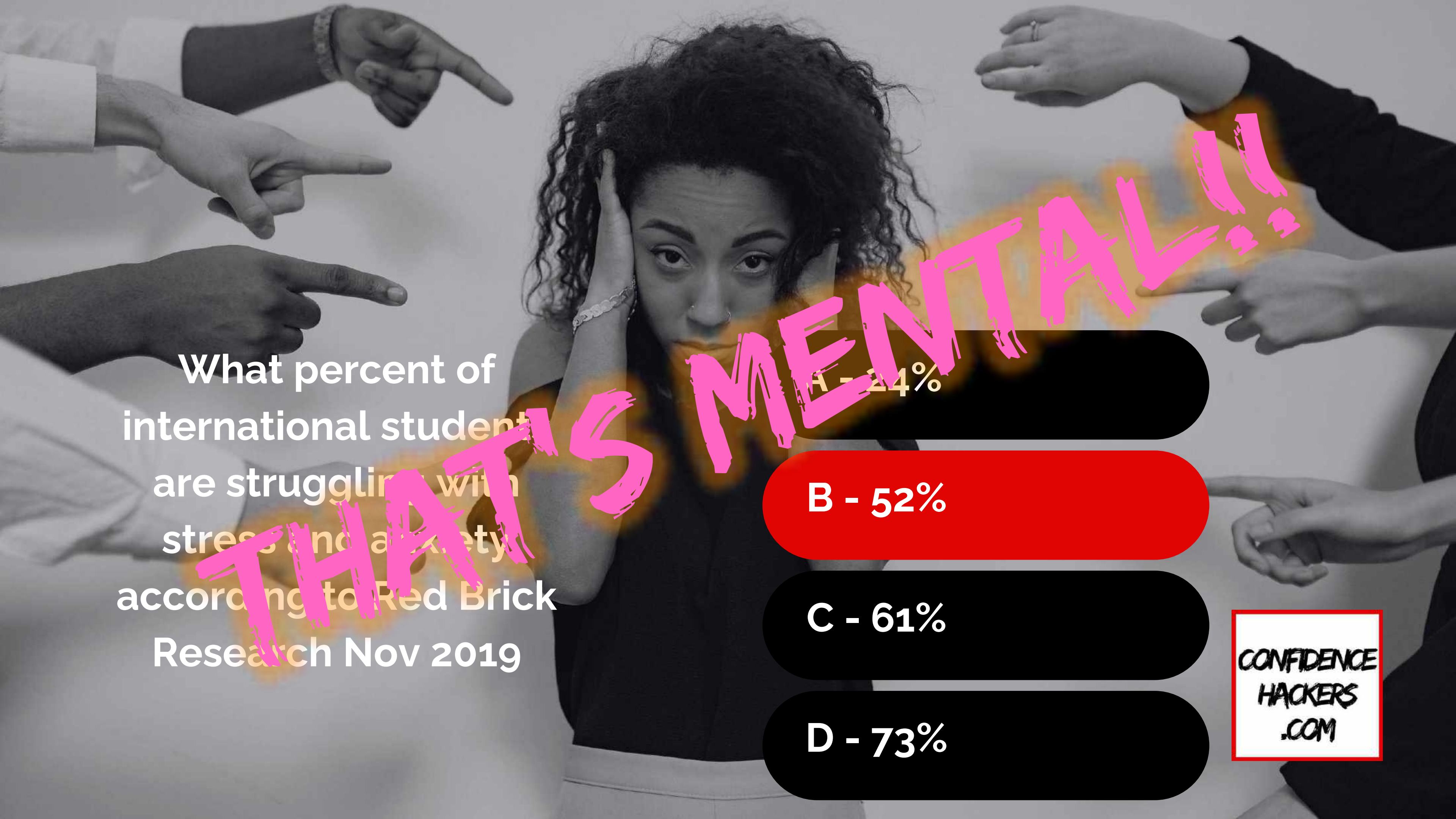
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If issues are not dealt with, they can... what?

A - snowball into bigger, more serious MH issues

B - just go away naturally

C - be forgotten easily

D - turn into fun experiences

**CAPTAIN
OBVIOUS**

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**Red Brick Research Nov
2019**

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Red Brick Research Nov
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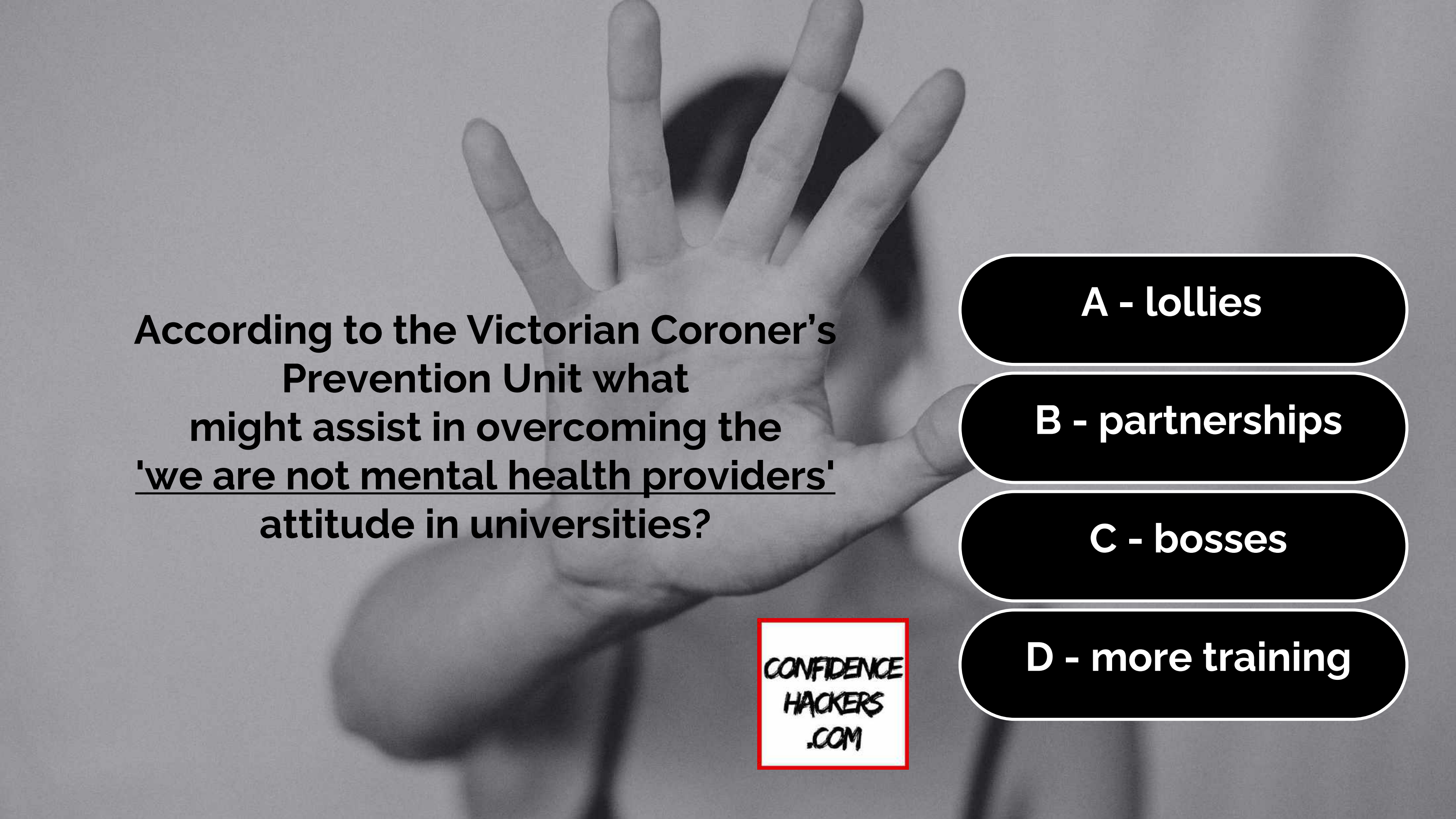
Red Brick Research Nov
2019

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THAT'S MENTAL A!!!

CAPTAIN
OBVIOUS





According to the Victorian Coroner's
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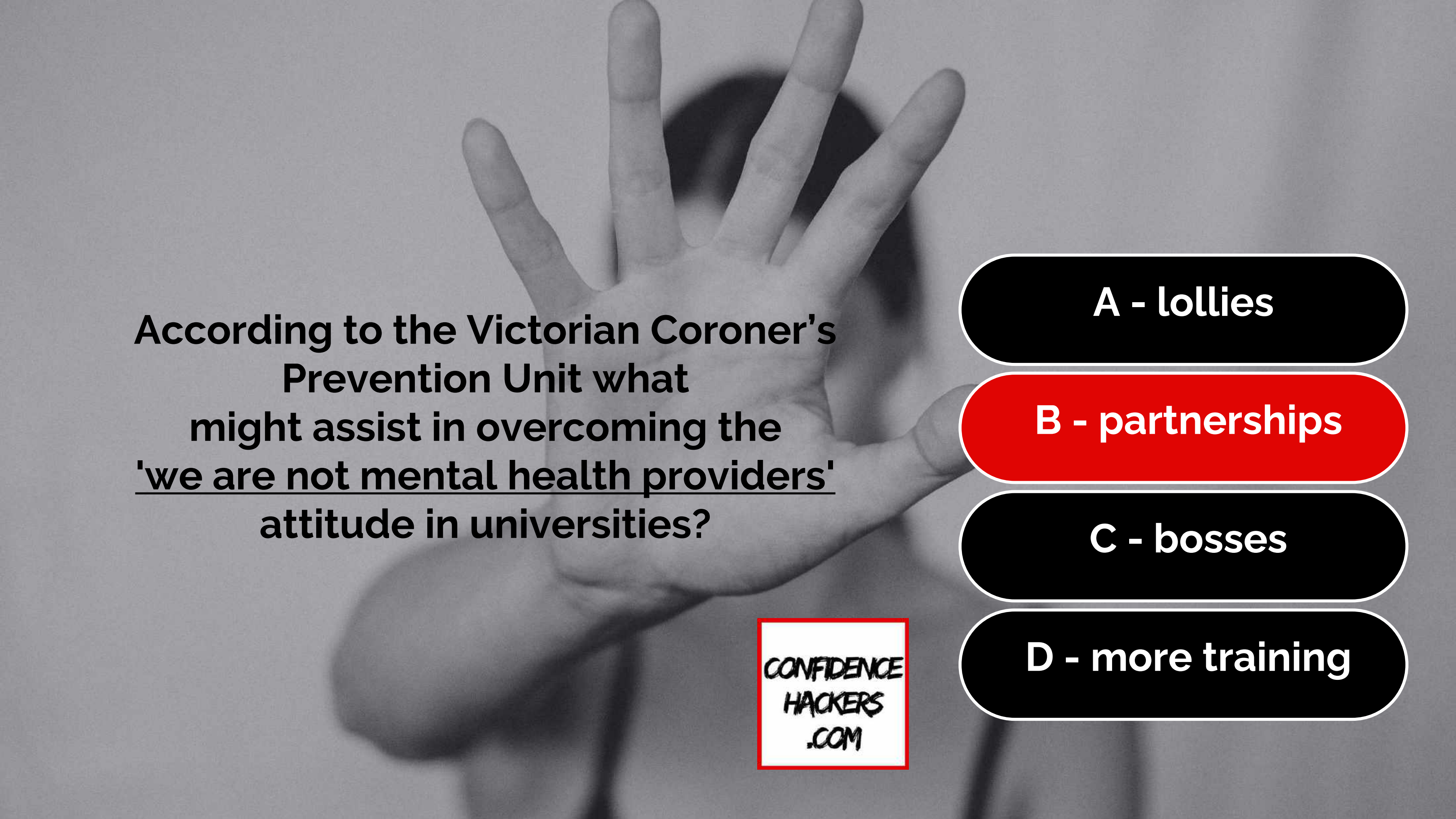
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B - partnerships

C - bosses

D - more training

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According to the 2019 BUPA
Mental Wellbeing Survey of
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greater focus on

WHAT

is a powerful way to reduce
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A - therapy dogs

B - cup cake events

C - donut walls

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"Identifying and implementing
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A - an imperative

B - a dream

C - not helping

D - unrealistic

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THAT IS

MENTAL !!

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maybe it's time to flip the script...





to prevention

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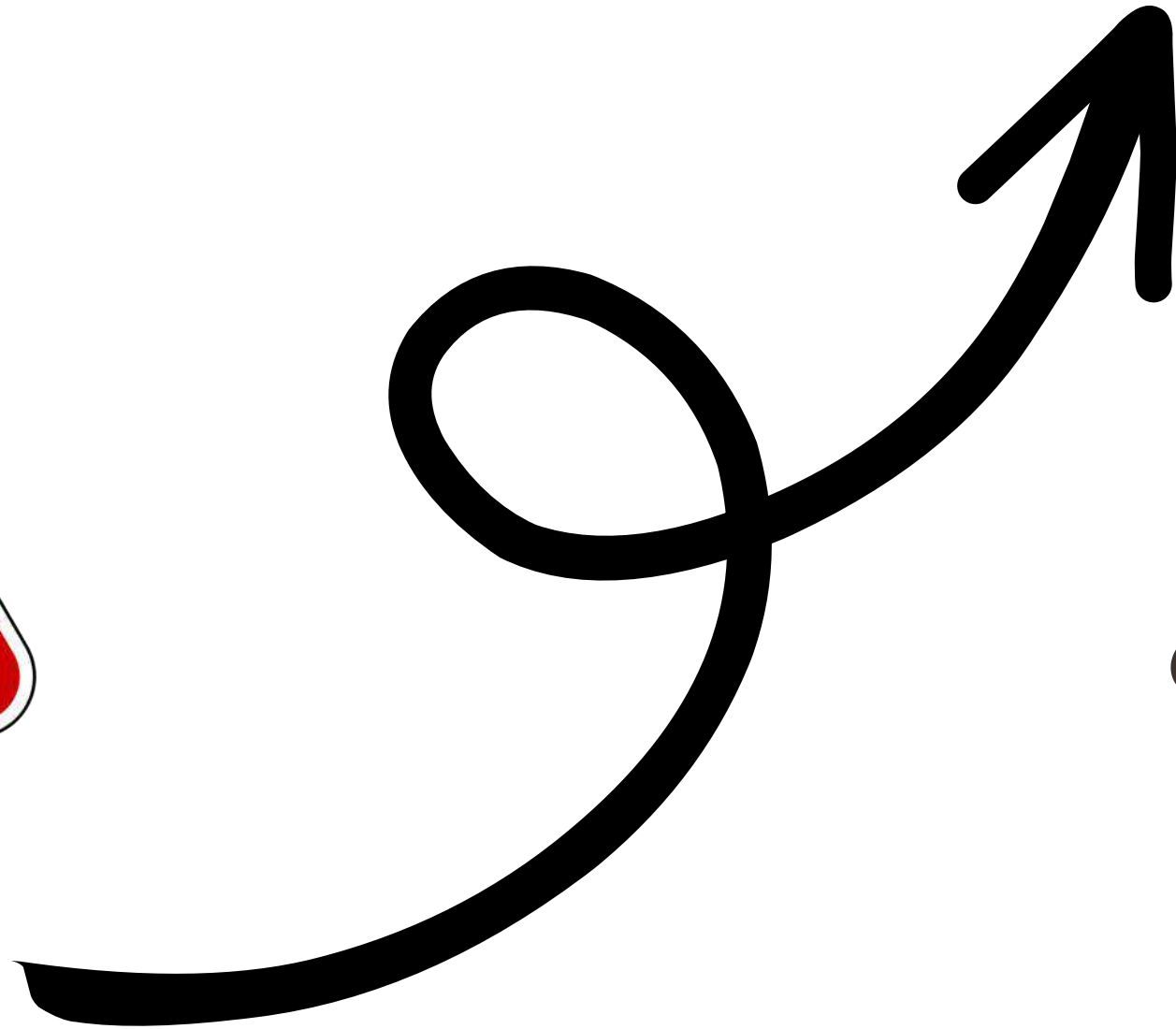
A man in a pinstriped suit and blue sunglasses is holding a magnifying glass over his face. The magnifying glass is positioned over his eyes and nose, making them appear significantly larger. The background is a blurred outdoor setting with trees and a path.

**what
can we
change?**

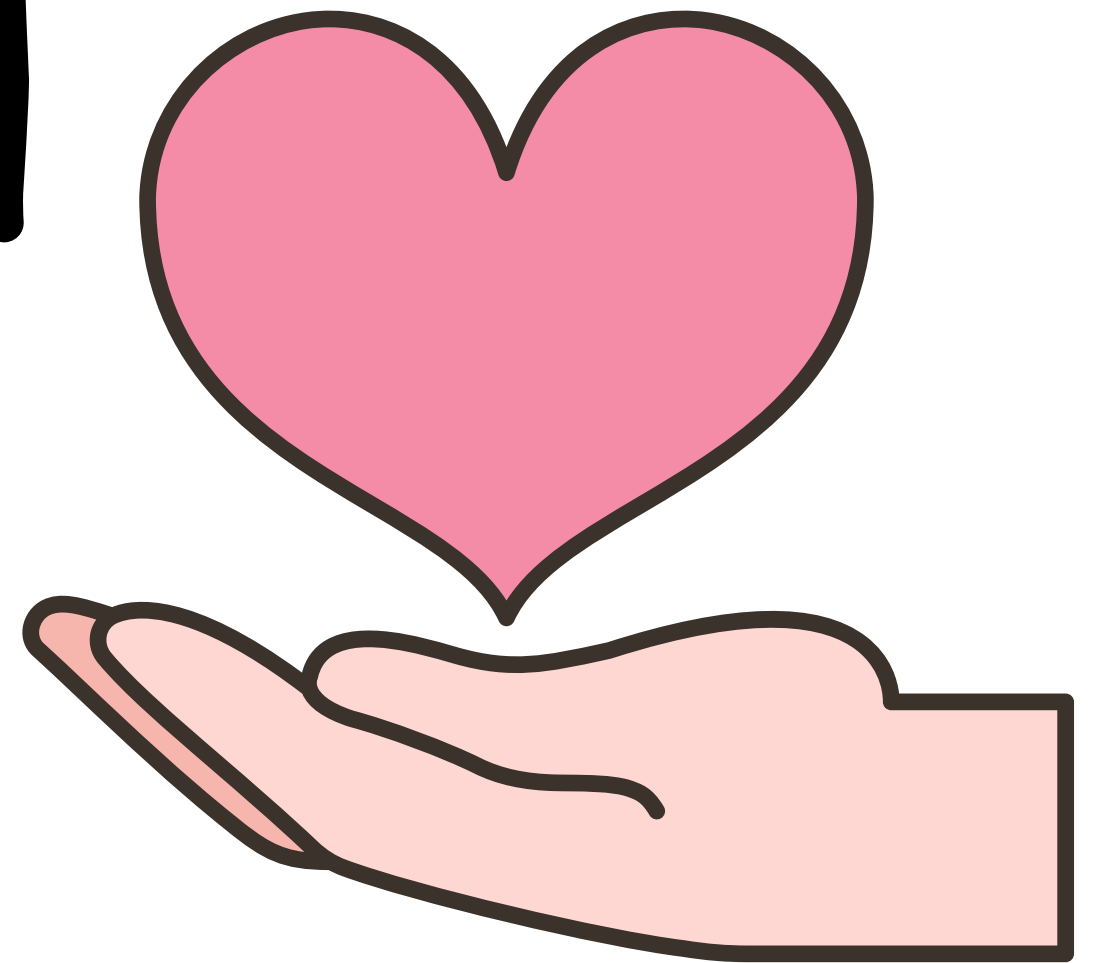
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REactive



PROactive



NON-clinical

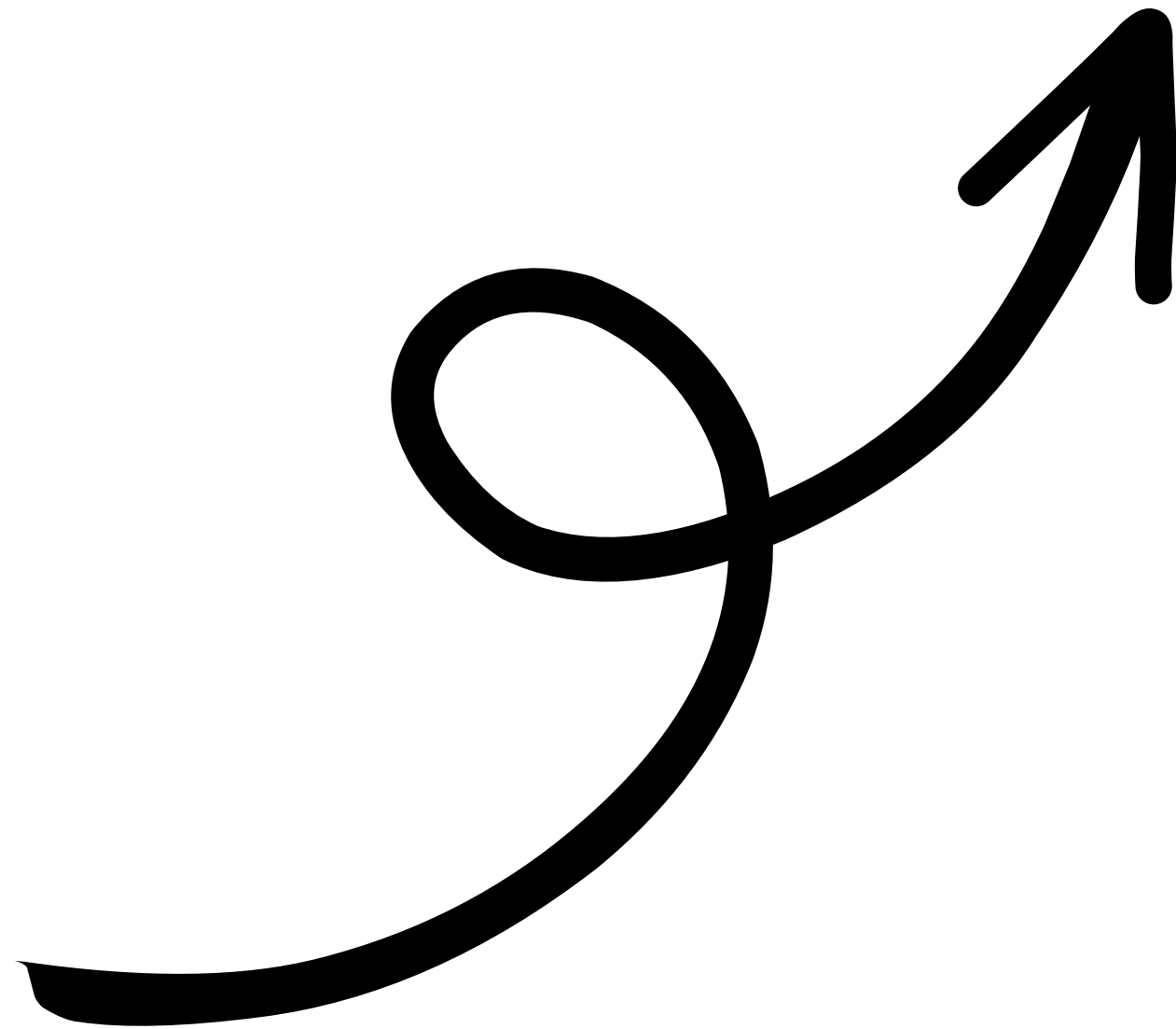


Clinical





Fixed



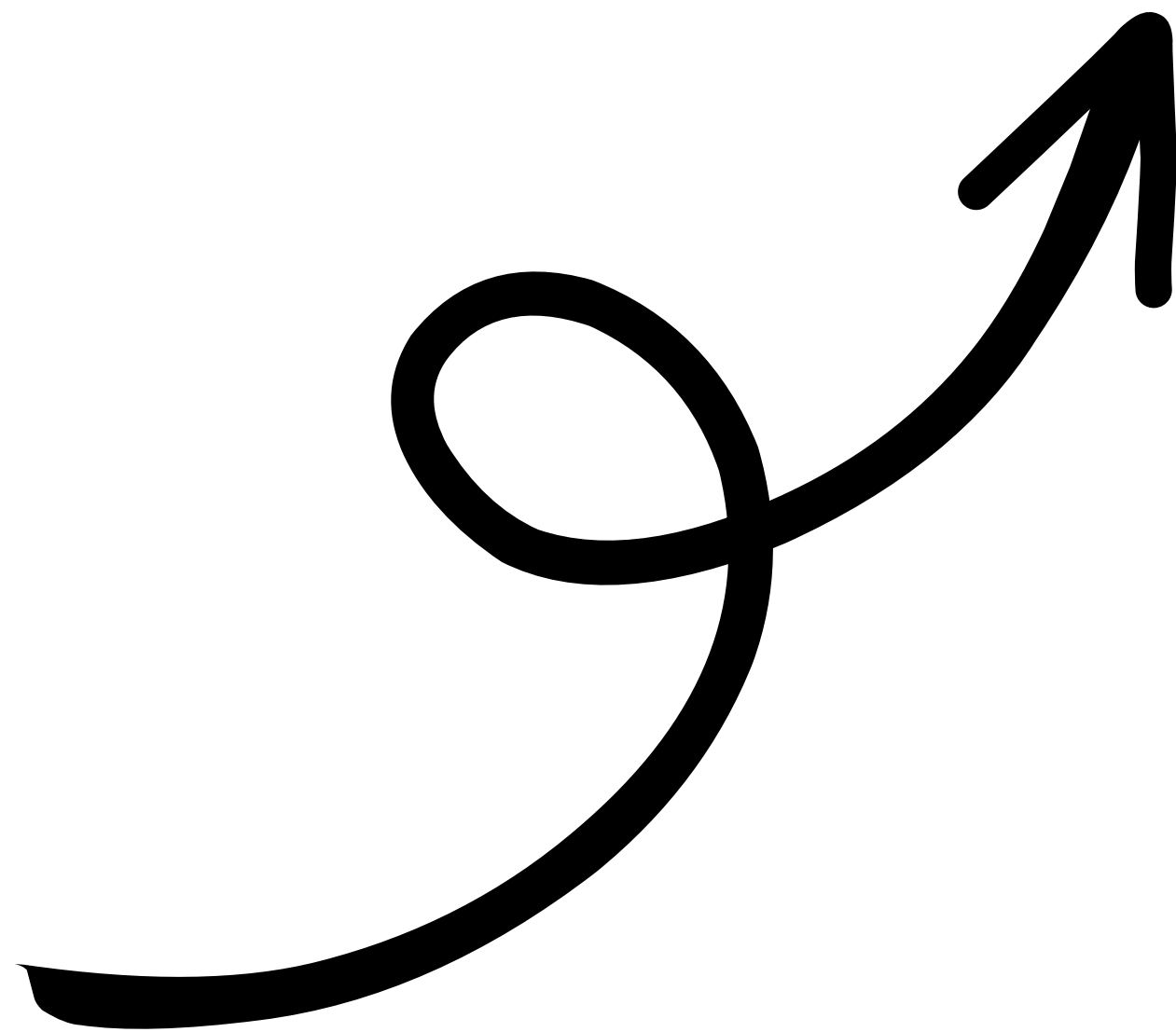
Innovative



Engaging



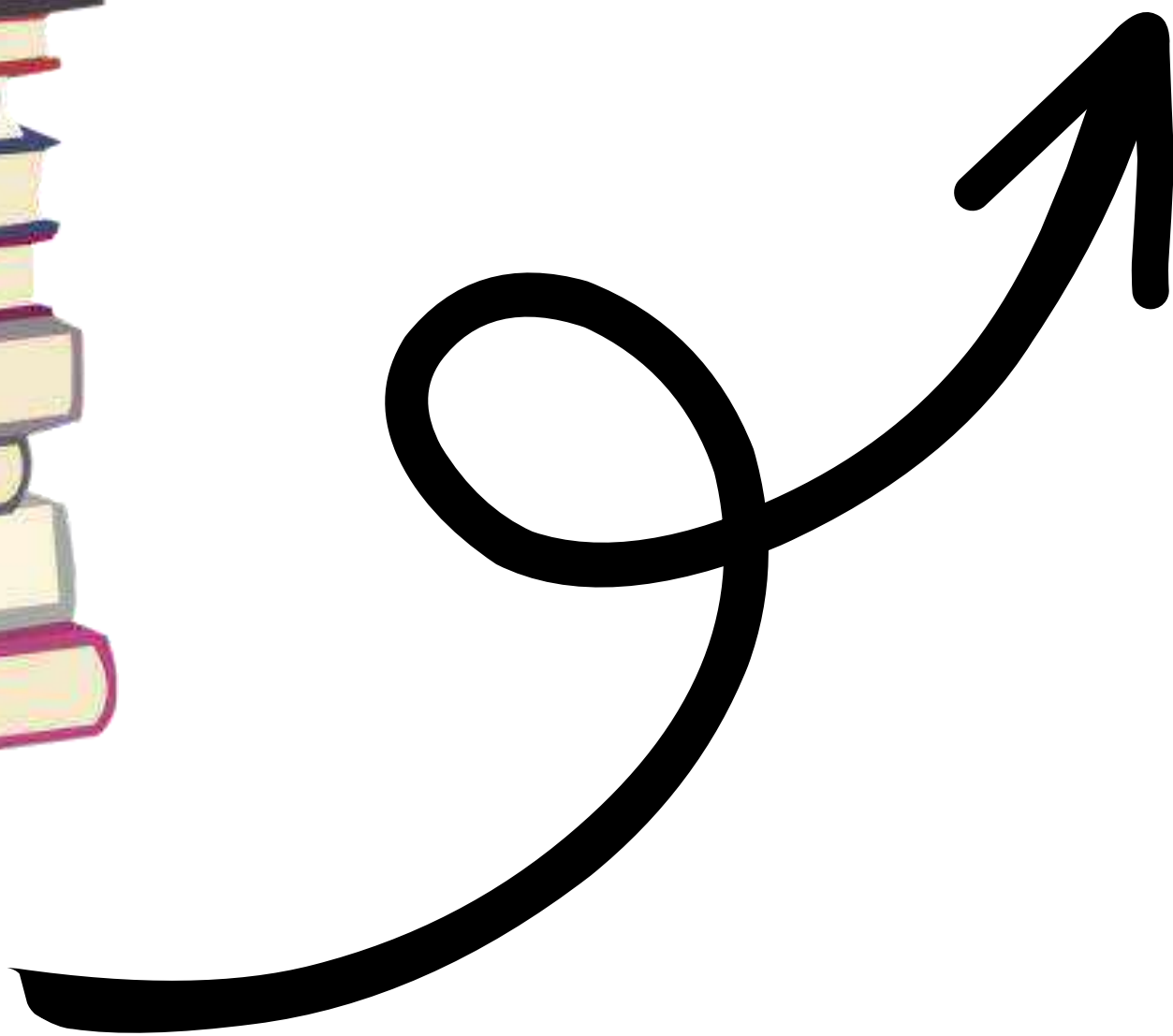
Stigma



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Theory



Practical

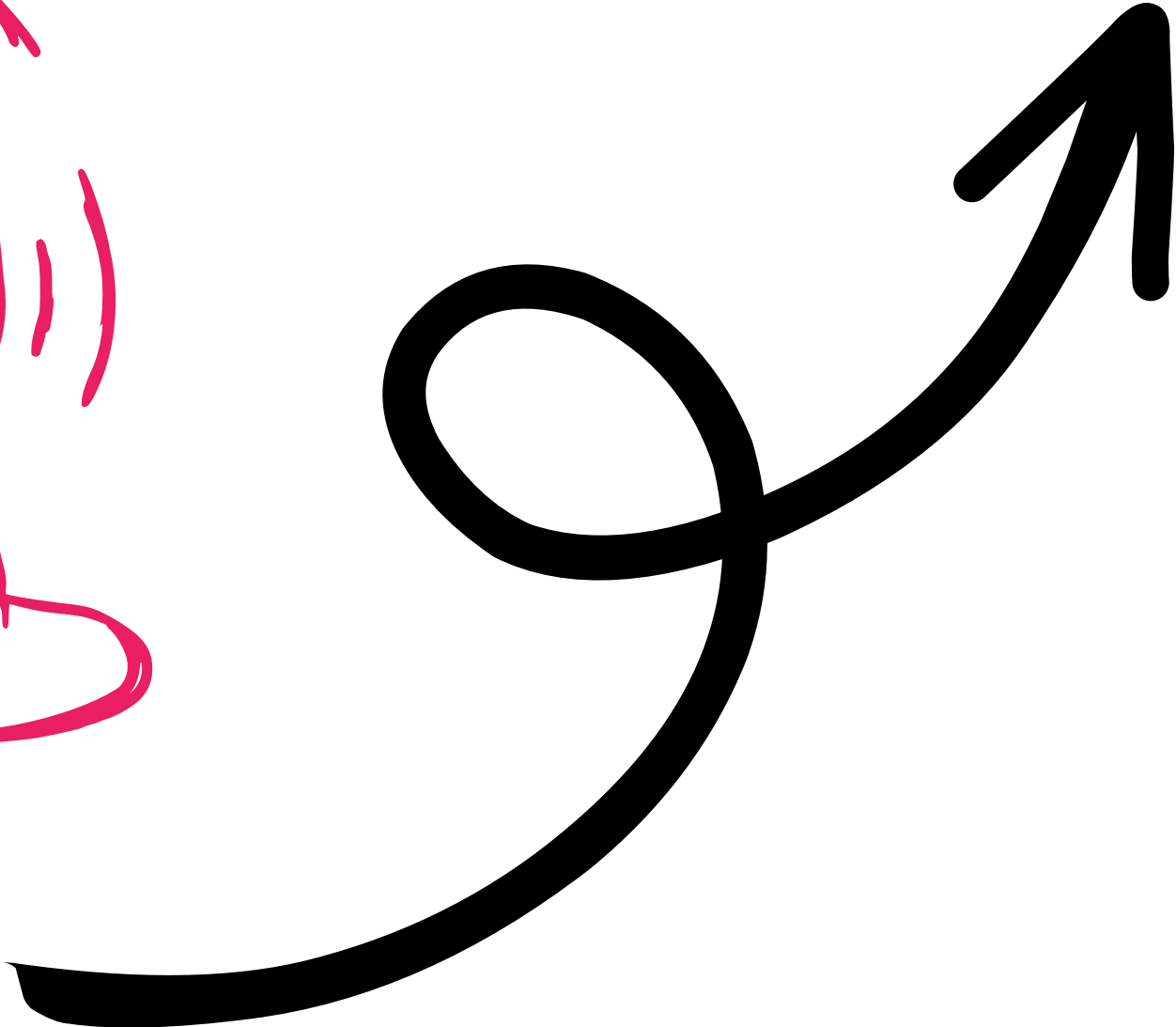




Strengths-based



Fear-based



**“all human behaviour has a reason;
it is solving a problem”**

Michael Crichton | author





unique
human behaviour approach

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**to help
them make
sense of
the weird
shit they do**





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Human behaviour experts

(what makes you tick)

Preventative

Proactive

Non-clinical

Adult-learning models

When you
LOOK BEYOND
the 'what' of behaviour...



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**You start
unpacking
the 'why' of
behaviour**





Anita van Rooyen

Founder & Chief Confidence Hacker

Confidence Hackers

Human behaviour expert
& confidence coach

0437 075 593

anita@confidencehackers.com

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