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To Whom It May Concern:

Recently Trevor and Annie Boulton of The Brain Health Education Institute visited St. James Lutheran College and presented their 'How To Protect Your Mental Health' seminar to our Year 8 and year 11 cohorts. The presentation was engaging and interesting for our students.

Since then we have been able to build on this knowledge with our students to include topics such as resilience and healthy relationships. The information has helped not only arm our students with the basics of mental health care but we as teachers are better equipped to notice key issues that arise from our day to day work with adolescents.

I therefore, thoroughly endorse the work that Trevor and Annie Boulton are doing and the importance of training the next generation in the principles of holistic mental health.

Yours truly,

A handwritten signature in black ink that reads 'Mark Payne'.

Mark Payne
(Secondary teacher)