



LETTER OF ENDORSEMENT – 'BRIAN THE AMAZING BRAIN' BRAIN HEALTH EDUCATION PROJECT

It is my pleasure to write a letter of endorsement for the 'Brian the Amazing Brain' Brain Health Education Project.

I first met Trevor and Annie Boulton when Boultons MultiMedia were engaged to produce an online database for Medicare Local's Partners In Recovery Project.

I found them to be passionate about mental health and they were excited about developing 'Brian' for educators and the corporate sector. Their passion is driven by their own experiences with mental health issues early in their lives.

Trevor and Annie have been educating young people in schools and the wider community about mental illness for many years and produced the Toxic Thinking App which has been downloaded many thousands of times across the world. This App assists people who are concerned about the mental health of a friend.

The Boultons were keen to deliver a more proactive, positive message at an earlier time in young people's lives. The Educators' Toolkit and the associated online content will equip people to deliver the basic principles of Brain Health in a fun and interactive way.

'Brian the Amazing Brain' delivers simple messages about nutrition, hydration and sleep; and their impact on thoughts, feelings and behavior targets early intervention and builds resilience. It demonstrates the connection between what we put in our mouth and how much sleep we have, to how we feel, and our emotional wellbeing.

I give my wholehearted support to this most worthwhile project, particularly for young children, as it has the potential to engage parents in establishing these vital Brain Health foundations.

Yours sincerely

A handwritten signature in black ink, appearing to read 'Brad Elms', with a long horizontal line extending to the right.

Brad Elms
Manager, Partners in Recovery Program

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Bundaberg Office
72 Barolin Street Bundaberg QLD 4670
PO Box 2178 Bundaberg QLD 4670
t 07 4151 0814 f 07 4151 0794

Hervey Bay Office
Level 3, Signature Building
19-21 Torquay Road Hervey Bay QLD 4655
PO Box 3411 Hervey Bay QLD 4655
t 07 4124 0166 f 07 4191 4367

www.yourhealthwidebay.org.au

Maryborough Office
168 Bazaar Street
Maryborough QLD 4650
PO Box 3411 Hervey Bay QLD 4655
t 07 4124 0166 f 07 4191 4367

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