

# PALM Mental Health & Wellbeing Research Project



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1.  
Protect and Enhance  
Mental Wellbeing



2.  
Reduce High Risk  
Behaviours



3.  
Improve Healthy Eating  
and Drinking





## TOP RISK FACTORS

Alcohol/ drugs
Accommodation
Family separation/ cultural song/dance
Sport
Workload



## TOP PROTECTIVE FACTORS

Sending money to my family
Local church / pastor
Exercise/ sports
Accommodation
Food / cooking



Promote positive mental wellbeing





Built a house for his parents



Built a house for his brother



Purchased a store that will provide income when he returns home



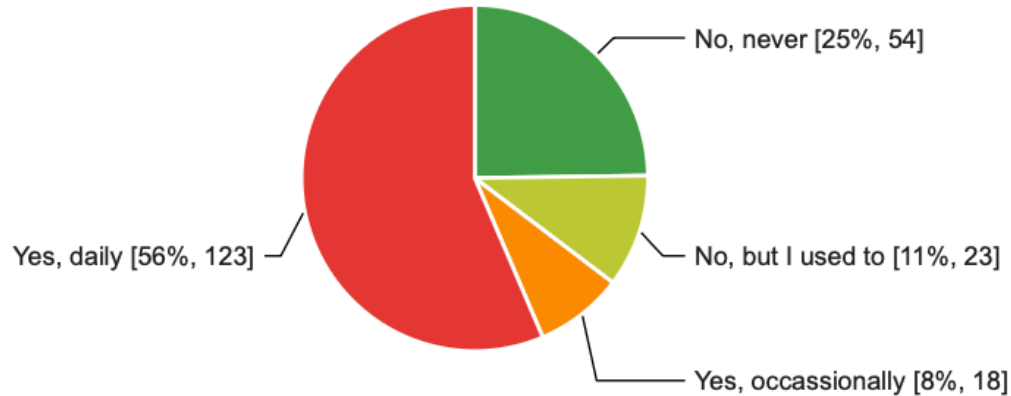
Just bought a block of land for his wife & 2 kids to build next year



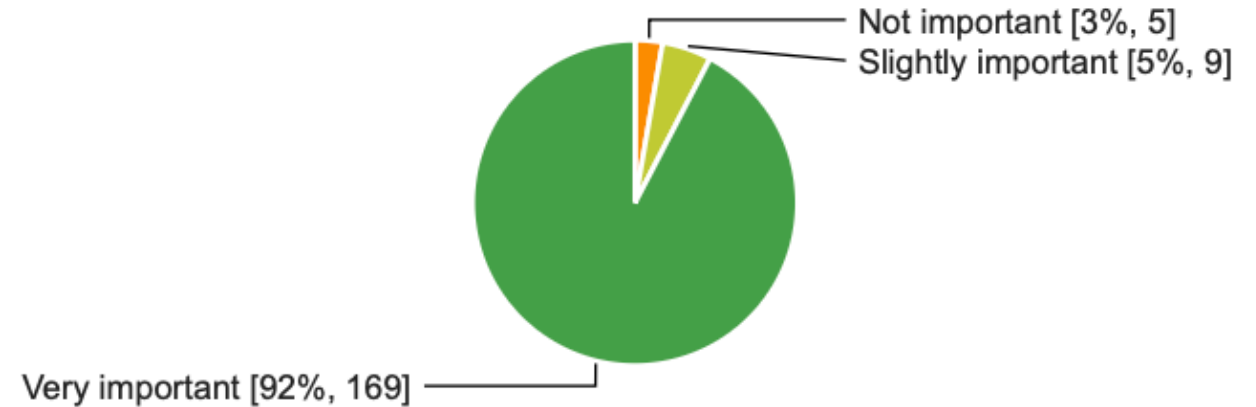
Now building a house for rental income



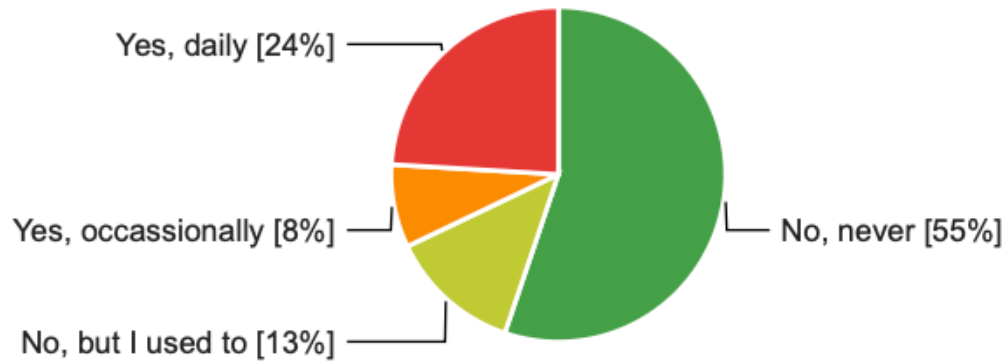
Do you currently smoke cigarettes?



How important is quitting for you in the next 6 months?



Do you currently use vapes/e-cigarettes?





## Quit Smoking/ vaping training



## Pledge card

My Pledge  
I will Quit Smoking - for my family, my future  
& my financial wellbeing

My Name: \_\_\_\_\_

I am quitting for: \_\_\_\_\_

My Quit Buddy: \_\_\_\_\_

## “Quit Buddy” Program

## My Quit Plan

## App





## Wellbeing Resources

## Wellbeing Training

## Community & Family Focus

