

TUNE IN NOT OUT

Tune In Not Out (TINO) the Foundation's health and wellbeing website full of information to help young people navigate life's challenges from mental health, school stress, relationships, body image, identity and more.

Features

- Content on over 50 health and wellbeing related topics aimed at 14-25 year olds.
- A simple and easy website to navigate from a mobile, tablet or desktop computer.
- Content from across Australia delivered in one central location (we've done the searching for you!)
- Information in a range of mediums; videos, factsheets, stories & even music!
- Options for young people to leave their own stories or music playlist.
- Dedicated area for Indigenous created content
- A teachers and youth educators section with worksheets full of activities across a range of topic areas.

HELPING YOUNG PEOPLE NAVIGATE LIFE'S CHALLENGES

MENTAL HEALTH

ALCOHOL & OTHER DRUGS

BULLYING

MANAGING RELATIONSHIPS

SEX & SEXUAL HEALTH

YOUR IDENTITY

SCHOOL, WORK & MONEY

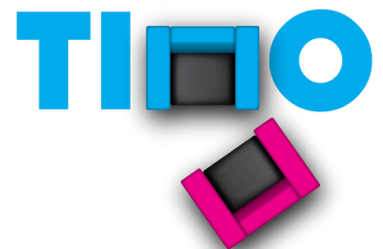
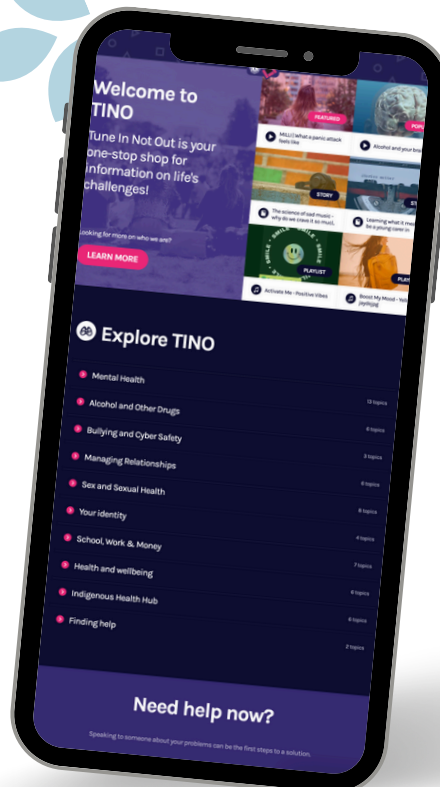
HEALTH & WELLBEING

INDIGENOUS HEALTH HUB

FINDING HELP

FEATURING
VIDEOS, FACTSHEETS
STORIES, MUSIC &
LINKS TO SERVICES

[TUNEINNOTOUT.COM](https://tuneinnotout.com)



NEW
Explore the
website using our
Chat Bot TINO
who will help you
find information.

TINO is a fantastic resource you can recommend to schools, young people, youth organisations etc