

Have **ideas** about how higher education institutions can help reduce stress during students' studies?

Engage in co-design and help us understand inclusive and accessible **ways high stress can be reduced!**

How?

Contribute ideas to a digital whiteboard and/or participate during a focus group or interview for a **chance to win 1 of 20 \$20 Gift Cards**

Who?

Any student aged 18+ studying at an Australian Higher Education Institution (e.g., University)

[Find out more](#)

