**From:** s 22
**To:** Education - Student Wellbeing
**Cc:** s 22 ; s 22
**Subject:** SWH | New website resources published
**Date:** Thursday, 29 August 2024 2:39:43 PM
**Attachments:** image003.png
image004.png
image005.png

---

**CAUTION:** This email originated from outside of the organisation. Do not click links or open attachments unless you recognise the sender and know the content is safe.

Good afternoon,

The approved batch of resources have now been published on the SWH website.
This includes the Department of Health and Aged Care's s 22 resource.

Cheers,
s 22

Project Manager | Digital Teaching and Learning

**Education Services Australia Ltd**
Wurundjeri Country, 22/180 Lonsdale St, Melbourne Victoria 3000
s 22
www.esa.edu.au | Connect with us

---

**From:** Education - Student Wellbeing
**Sent:** Thursday, 15 August 2024 11:16 AM
**To:** s 22
**Cc:** s 22 s 22 ; Education - Student Wellbeing
**Subject:** RE: DoE approval pending addressing feedback re SWH | New website resources for review [SEC=OFFICIAL]

Hi s 22

Thank you very much for your swift response. This makes sense.
We are looking forward to seeing these resources online!

Cheers, s 22
s 22

s 22

---

**From:** Education - Student Wellbeing <StudentWellbeing@education.gov.au>
**Sent:** Thursday, 15 August 2024 10:46 AM
**To:** s 22
**Cc:** s 22 ;
Education - Student Wellbeing <StudentWellbeing@education.gov.au>; s 22

**Subject:** DoE approval pending addressing feedback re SWH | New website resources for review [SEC=OFFICIAL]

**Caution:** This email originated from outside of ESA. Do not click links or open attachments unless you recognize the sender and know the content is safe.

Hi s 22

We are pleased to approve the July resources subject to our feedback on the attached spreadsheet:

s 22

Regards, s 22
s 22

**From:** s 22
**Sent:** Thursday, July 18, 2024 12:41 PM
**To:** s 22
Education - Student Wellbeing
<StudentWellbeing@education.gov.au>; s 22

**Cc:** s 22
**Subject:** SWH | New website resources for review

Good afternoon,

Please see attached a new batch of proposed resources for the Student Wellbeing Hub for your review.

There are 24 new resources proposed for addition to the SWH resource library covering a range of areas:

s 22

- Evidence based apps for children and young people from Black dog institute – s 22 and Bite back

s 22

If you have any questions, please let me know.
Kind Regards,
s 22

Project Manager | Digital Teaching and Learning

**Education Services Australia Ltd**
Wurundjeri Country, 22/180 Lonsdale St, Melbourne Victoria 3000
s 22
www.esa.edu.au | Connect with us

ESA acknowledges the Eastern Kulin Nation, Traditional Custodians of the land on which our head office stands, and pays our respects to Elders past and present. We recognise the Traditional Custodians of Country across Australia and their continuing connection and contribution to lands, waters, communities and learning.

This email including any attachments may contain private, confidential or privileged information or material subject to copyright. It is intended for the addressee only. If you are not the intended recipient of the email, please inform us by return email and delete the email with any attachments from your system. You may only use, reproduce, disclose or distribute this email if authorised to do so. Education Services Australia Ltd will not be liable for any damage caused by this email.

Notice:
The information contained in this email message and any attached files may be confidential information, and may also be the subject of legal professional privilege. If you are not the intended recipient, any use, disclosure or copying of this email is unauthorised. If you received this email in error, please notify the sender by contacting the department's switchboard on 1300 566 046 during business hours (8:30am - 5pm Canberra time) and delete all copies of this transmission together with any attachments.
Notice:
The information contained in this email message and any attached files may be confidential information, and may also be the subject of legal professional privilege. If you are not the intended recipient, any use, disclosure or copying of this email is unauthorised. If you received this email in error, please notify the sender by contacting the department's switchboard on 1300 566 046 during business hours (8:30am - 5pm Canberra time) and delete all copies of this transmission together with any attachments.

| Item | UniqueID | Title | Summary | Description | External URL | Audiences | School Levels | Learning Area | General Capabilities | Provenance of resource | Evidence based | Evidence based details | ESA comments | DoE consolidated feedback | DoE approved (Y/N) | Date of decision |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 6 | ALR939 | **Bite back** | A free, self-guided online wellbeing and resilience program for young people aged 13 - 16 years old. | Bite back is an online positive psychology program designed to improve the overall wellbeing and resilience of young Australians aged 13 – 16 years old. Developed by Black Dog Institute, evidence shows that the program can decrease symptoms of depression and anxiety and increase wellbeing. | https://www.blackdoginstitute.org.au/resources-support/digital-tools-apps/bite-back/ | Educators, Students | Year 7 - Year 9,Year 10 - Year 12 | Health and Physical Education | Personal and Social Capability | www.blackdoginstitute.org.au | Yes | Developed by the Black Dog Institute, this resource has been evaluated via a randomised controlled trial that explored its feasibility and ability to improve wellbeing and mental health outcomes of Australian youth. | This online program is designed to improve the wellbeing of young people through a combination of interactive activities, animations and information across nine positive psychology domains. | Reputable source, evidence-based and audience-appropriate. Aligns to HPE learning area. No paid products advertised. Funded by DoHAC. | Yes | 13/08/2024 |

| Item | UniqueID | Title | Summary | Description | **Keyword** | External URL | audiences | **Primary/Secondary** |
|---|---|---|---|---|---|---|---|---|
| 6 | ALR939 | Bite back | A free, self-guided online wellbeing and resilience program for young people aged 13 - 16 years old. | Bite back is an online positive psychology program designed to improve the overall wellbeing and resilience of young Australians aged 13 – 16 years old. Developed by Black Dog Institute, evidence shows that the program can decrease symptoms of depression and anxiety and increase wellbeing. | wellbeing,resilience,young people,depres | https://www.blackdoginstitute.org.au/resources-support/digital-tools-apps/bite-back/ | Educators, Students | Secondary |

| Item | Title | Summary | Description | **ExternalUrl** | LargeImage | MediumImage | SmallImage | UniqueId |
|---|---|---|---|---|---|---|---|---|
| 6 | Bite back | A free, self-guided online wellbeing and resilience program for young people aged 13 - 16 years old. | Bite back is an online positive psychology program designed to improve the overall wellbeing and resilience of young Australians aged 13 – 16 years old. Developed by Black Dog Institute, evidence shows that the program can decrease symptoms of depression and anxiety and increase wellbeing. | https://www.blackdoginstitute.org.au/resources-support/digital-tools-apps/bite-back/ | img-res-biteback_730X399 | img-res-biteback_730X400 | img-res-biteback_730X400 | ALR939 |

| Title | Summary | Description | Keyword | LargeImage | MediumImage | SmallImage | audiences | Elements | schoollevels | australiancurricul | australiancurriculumle | ExternalUrl | UniqueId | Primary or Secondary |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Bite back | A free, self-guided online wellbeing and resilience program for young people aged 13 - 16 years old. | Bite back is an online positive psychology program designed to improve the overall wellbeing and resilience of young Australians aged 13 – 16 years old. Developed by Black Dog Institute, evidence shows that the program can decrease symptoms of depression and anxiety and increase wellbeing. | wellbeing,resilience,young people,depression,anxiety,mental health | img-res-biteback_730X399 | img-res-biteback_730X400 | img-res-biteback_730X400 | Educators, Students | | Year 7 - Year 9,Year 10 - Year 12 | Personal and Social Capability | Health and Physical Education | https://www.blackdoginstitute.org.au/resources-support/digital-tools-apps/bite-back/ | ALR939 | Secondary |

Parents
Students
Newsletter
About us
Contact
Privacy policy
Terms of use
Vulnerability Dis...
Raw Html
All Content Blocks
Resources
Bite back
Importer
Page Not Found
Sitemap

Bite back

Content Info

## Links

*This item is not published*

## Referenced by

This item has no references.

## History

Rollback

s 22 August 13, 2025 at 11:45:39 AM — Unpublish — Content unpublished

s 22 August 29, 2024 at 10:34:38 AM — Publish — Content saved and Published

Nora Monday

## General

Unpublished

**Created**
August 21, 2024 at 1:37:56 PM

**Last edited**
August 13, 2025 at 11:45:39 AM

**Document Type**
Resource Details Page

**Template**
Choose

Outlook

Re: Retiring Biteback and s 22 on August 8th 2025

From s 22
Date Thu 2025-07-17 4:55 PM
To Student Wellbeing Hub <StudentWellbeingHub@esa.edu.au>

Hi s 22

Thank you for letting me know.

Could you please unpublish those resources and thank them for their suggested alternatives. I'll take a look at their suggestions and include them in the next round of resources if they're suitable.

Many thanks,

s 22

Project Manager | Digital Teaching and Learning
*My work days are Monday, Tuesday, Thursday and Friday*

**Education Services Australia Ltd**
Wurundjeri Country, 22/180 Lonsdale St, Melbourne Victoria 3000
s 22
www.esa.edu.au | Connect with us

---

**From:** Student Wellbeing Hub <StudentWellbeingHub@esa.edu.au>
**Sent:** 17 July 2025 10:41 AM
**To:** s 22
**Subject:** Fw: Retiring Biteback and s 22 on August 8th 2025

Hi s 22

We have received the following email from Blackdog Institute informing that two of the digital apps that they hosted on their website will be discontinued.

The two apps Bite Back and s 22 apps are featured in our resources:

s 22

https://studentwellbeinghub.edu.au/educators/resources/bite-back

The email also suggests alternative resources. Please advise what course of action (unpublishing the resources etc) so we can inform them. Thanks.

Kind regards,

s 22

**From:** MED BDI Marketing <marketing@blackdog.org.au>
**Sent:** Tuesday, 15 July 2025 1:56 PM
**To:** Student Wellbeing Hub <StudentWellbeingHub@esa.edu.au>
**Subject:** Retiring Biteback and s 22 on August 8th 2025

Caution: This email originated from outside of ESA. Do not click links or open attachments unless you recognize the sender and know the content is safe.

Hi there,

We are writing to inform you that two of our programs, ***BiteBack*** ***and*** s 22 **will be retired on Friday, 8 August** 2025. is following the conclusion of our current funding under the Digital Mental Health grant managed by the Department of Health and Aged Care.

Since launching in 2012, *Bite Back* has been a flagship, evidence-based program supporting over 200,000 Australians with strategies for building stronger mental health and wellbeing. s 22

As we look ahead, Black Dog Institute remains focused on developing the next generation of digital mental health tools—solutions that are scalable, sustainable, and able to evolve with the changing needs of the community.

s 22

You may also wish to explore some of our other resources designed to support young Australians as alternatives to *Bite Back*, available here: Youth Mental Fitness Hub - Black Dog Institute | Better Mental Health

**Next steps:**
We kindly ask that any references to these products be removed from your internal and external-facing materials. Additionally, we would also appreciate it if you could share this information with the relevant contacts within your organisation.

Thank you for your ongoing support and your contribution to the success of these two products**.** If you have any questions, please don't hesitate to get in touch.

Kind regards,
Black Dog Institute Team

***Confidential communication*** *- This email and any files transmitted with it are confidential and are intended solely for the addressee. If you are not the intended recipient, please be advised that you have received this email in error and that any use, dissemination, forwarding, printing, or copying of this email and any file attachments is strictly prohibited. If you have received this email in error, please notify me immediately by return email and destroy this email.*

**TRH Content Audit: Student Wellbeing Hub**

| No. | Page | Page name | Offline availability | Currency | Curriculum and standards alignment | QA Criteria | QA comments | Quick fix req? | Quick fix actioned? | Quick fix comments | Action | Revisit timing | Action comments | UX comments | Effort | General comments | Date | Column1 |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| *Populate links from sitemap* | *Copy and paste from page* | | *Offline refers to ESA's ability to provide the resource offline i.e. a package of PDF resources* | *General: Most parts of page are dated. Content: Only content (reading, links, videos, resource etc) is dated Format: Only page arrangement, design, media is dated (including user experience)* | *If other, please note in general comments, if marked as AC aligned, then A11Y alignment is also covered.* | *Refer to 'QA framework' sheet for full criteria.* | *Explain criteria coverage, not applicable to pages that fully meet criteria* | *Quick fix includes low risk, minimal (5% or less) change to the page, with all fixes being made* | *Only applicable if quick fix is required* | *Note if multiple actions are required for quick fix i.e. replacement link and new image* | *Select core action that is most relevant, if revisit* | *Only apply if action is 'revisit'* | *Note if multiple actions are required for the page i.e. Update content on a page, unpublish PDFs* | *To be completed by UX Designer for all pages marked as 'Dated-Format' and flagged for UX input. UX comments to be page specific and not inclusive of overall style of the website.* | | | *Date of audit MM/YY* | |
| 822 | https://studentwellbeinghub.edu.au/rescue/bite-back/ | Bite back | No - not suitable | Dated - general | N/A | Does not meet criteria (<50%) | App being discontinued by organisation | Yes | Yes | See actions | Unpublish | | | | Low (10 -30 minutes) | | 07/25 | |