



Take a tour of a topic page on www.tuneinnotout.com

As we navigate through life we can face many challenges. A key to positively managing these is having information and support to help get things back on track. Tune In Not Out is our youth health and wellbeing website, delivering information in a range of formats, from a range of services across 50 topics. Every topic page is packed full of content, making it easy to find a wealth of information in one location. Take a quick tour of everything you can find on our simple one-shop style topic pages.

1. Topic Intro

A snappy intro so you know you are in the right spot. We have 50 topics across mental health, alcohol and other drugs, relationships, school life identity, health and more.

2. Quick View Content

Check out the featured videos, factsheets, stories and music playlists for the topic.

As you explore content appears

3. Videos

Explore and watch videos by a range of youth services. Scroll to see more.

4. Factsheets

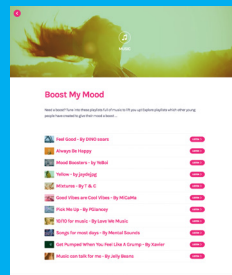
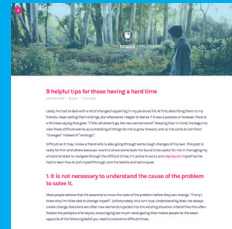
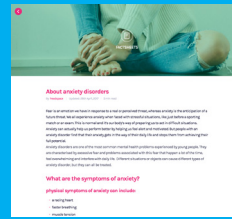
Read factsheets designed to help you manage the key topic area. These are provided by a range of services, also giving you signposts to other organisations who can assist further.

5. Stories

Just a quick click of the tab and you will get stories from young people who have successfully managed the topic. Young people who have visited TINO have told us stories and tips from other young people really help them.

6. Music

Every topic page features our **Tune Your Mood** music section, bringing you youth created playlists for certain times and emotions for example; *Boost My Mood*, *Wake Me Up* and *Activate Me*.



7. Your Input

Did we miss something - let us know? You can also submit your own story and music playlist!

8. Find Further Support

Each page features topic specific links as well as 24/7 support services.

9. Localised Help

Using HealthDirect find services close to you.

Yes, all of this is available on **every topic page** on TINO from body image, eating disorders, relationships, alcohol, cannabis, exams, bullying, starting in a new place, relaxation, organ donation, self care and more! Why not check it out in full now at:

www.tuneinnotout.com

