

**NEXGEN W.H.E.R.E**  
FOR **SCHOOLS & UNIVERSITIES**

**NEXGEN**

**THE FIRST LINE OF DEFENCE  
AGAINST DETERIORATING  
MENTAL HEALTH**

# A BRIGHTER FUTURE

# W.H.E.R.E IS THE MENTAL HEALTH SUPPORT



What does the WHERE stand for?

- Wellbeing**
- Happiness**
- Emotional Intelligence**
- Resilience**
- Efficacy**

All these factors are proven to contribute to mental health, academic achievement, healthy relationships and greater success in later life.

## OUR OBJECTIVES

- Improve wellbeing**
- Increase happiness**
- Improve Emotional Intelligence**
- Increase Resilience**
- Improve Self-Efficacy**

Welcome to the Nexgen WHERE Platform. The platform that is fighting back against the mental health crisis - one student at a time. We provide interactive resources that equip students with the knowledge and skills they need to maximise wellbeing.

Nexgen WHERE is the first line of defence against deteriorating mental health. The concepts and ideas taught show students how to guard against behaviours and thought processes that can develop into mental health conditions.

Nexgen WHERE contains videos, guides, workbooks, exercises and many other resources on the following topics:

- Self-Worth & Self-Esteem**
- Understanding Your Brain**
- Emotional Intelligence**
- Dealing With Stress, Anxiety & Depressive Thoughts**
- Digital Resilience**
- Financial Literacy**
- Happiness**
- Decision-Making**
- Critical Reasoning & Debating**
- Productivity & Time Management**
- Study Skills**
- Success Intelligence**
- Leadership**
- Supporting Others**

“

**EVERYTHING STUDENTS  
NEED TO FLOURISH...IN ONE  
PLACE.**

”



**Resources that  
transform  
lives.**

# THE RESOURCES ON THE PLATFORM

01

VIDEOS, CHECKLISTS, SUMMARIES


02

GUIDES, WORKBOOKS, QUIZZES

03

ACTION PLANS, GUIDED EXERCISES, WEBINARS

+ much more

A hand holding a sign with text about NEXGEN W.H.E.R.E. integration. The background is a dark blue-grey color with various white icons in hexagonal shapes, including a smartphone, a lock, a power button, a dollar sign, a microchip, a Wi-Fi symbol, a microscope, and a circular arrow. The text is written in a bold, sans-serif font, with 'NEXGEN W.H.E.R.E.' in yellow and the rest in white with a green outline. The hand is holding the sign from the bottom, and the sign is tilted upwards.

**NEXGEN W.H.E.R.E**  
INTEGRATES  
SEAMLESSLY  
WITH YOUR  
CURRENT  
LEARNING  
ENVIRONMENT

# THE NEED

50% of mental health problems, such as depression, anxiety, eating disorders and schizophrenia, develop during the adolescent years. 75% by age 24.

This has been exacerbated by the pandemic. 80% of young people say their mental health has been made worse by the pandemic while 87% felt lonely or isolated (Mind, 2020).

The long term impact of the pandemic, isolation due to the lockdown, disruption to routine and prolonged stress will undoubtedly have repercussions for the future.

Nexgen WHERE empowers students to take control of their lives using science backed CBT techniques. It will lead the fight back against deteriorating mental health. It is a one-stop resource for all their wellbeing needs that increases resilience.

# WELLBEING

Resources that show students how they can deal with the challenges of adolescent life without turning to harmful coping mechanisms.

**Example Content:**

- Coping With Stress
- Combatting Anxiety
- Learning to Relax

# HAPPINESS

Research shows there are some underlying factors that contribute to happiness. Nexgen WHERE distils these into actionable lessons.

**Example Content:**

- Practicing Mindfulness
- Combatting Negative Thoughts
- Gratitude & Self-Care

CREATED BY

NEXGEN



# EMOTIONAL INTELLIGENCE

Increased emotional intelligence has the power to transform the quality of a young person's lives, their relationships and future prospects. It also leads to a more compassionate and tolerant society.

**Example Content:**

- Self-Awareness
- Regulating Emotions
- Social Skills

# RESILIENCE

According to psychologists, resilience is made up of everyday processes that add up to form a protection against adversity - pivotal in adolescent years.

**Example Content:**

- Self-Discipline
- Growth Mindset
- Perseverance

# EFFICACY

Self-efficacy is the belief in one's capabilities to organise and execute the courses of action required to manage prospective situations. It has an impact on academic, social & professional success.

**Example Content:**

- Productivity & Time-Management
- Habit Formation
- Building Mastery



**RESOURCES BASED  
ON:  
PSYCHOLOGY  
NEUROSCIENCE  
CBT**

# 10 REASONS TO LOVE NEXGEN W.H.E.R.E

1.

THE PLATFORM IS A ONE-STOP SOLUTION FOR WELLBEING RESOURCES

2.

THE PLATFORM USES THE LATEST IDEAS IN PERSONAL DEVELOPMENT & ADAPTS THEM FOR YOUNG PEOPLE

3.

THE MODULES AND UNITS HAVE BEEN PICKED BY SCHOOL AND UNIVERSITY STUDENTS IDENTIFYING AREAS IN WHICH THEY NEED THE MOST HELP

4.

ALL CONTENT IS BASED ON THE LATEST PEER-REVIEWED RESEARCH

5.

THE RESOURCES ARE DESIGNED TO BE EFFECTIVE, ENGAGING AND INTERACTIVE

6.

THE PLATFORM CAN BE EASILY ACCESSED BY STUDENTS WITH ONE LOG-IN

7.

THE PLATFORM WILL BE RELENTLESSLY IMPROVED WITH ADDITIONAL RESOURCES, NEW TECHNOLOGY AND FEEDBACK FROM EDUCATORS, STUDENTS AND PSYCHOLOGISTS

8.

ALL CONTENT WILL BE APPROVED BY TRAINED PROFESSIONAL THERAPISTS AND PSYCHOLOGISTS

9.

IT HAS NEVER BEEN MORE IMPORTANT TO PROVIDE YOUR STUDENTS WITH QUALITY RESOURCES THAT WILL MAINTAIN WELLBEING AND GOOD MENTAL HEALTH

10.

THE PLATFORM WILL HELP STUDENTS FLOURISH & MORE IMPORTANTLY IT WILL SAVE LIVES

**BONUS.**

AVAILABLE ON DESKTOP & MOBILE



# HOW IT MAKES THE DIFFERENCE

PROVIDING STUDENTS WITH...



01

KNOWLEDGE



02

AWARENESS



03

ACTION

# WHAT TO DO NEXT

Arrange a call with us

Or

Visit:

**Nexgen WHERE Page**

and use the contact form



after the  
darkness of  
the pandemic,  
the **future** can  
be **bright**.

**THANK YOU!**

**NEXGEN**

**THE WELLBEING PLATFORM  
FOR EVERY STUDENT**

**[NEXGENWELLBEING.COM](https://nexusgenwellbeing.com)**