

HAVING A CONVERSATION ABOUT MENTAL HEALTH

FOR STUDENTS, PARENTS, TEACHERS AND
SUPPORT STAFF IN THE SCHOOL COMMUNITY

OUR MISSION

OUR MISSION IS TO REDUCE YOUTH SUICIDE BY LOWERING DEPRESSION, ANXIETY AND SELF-HARM FOR AT-RISK 12-25 YEAR OLDS

Youth Focus engages with communities to educate and build awareness about youth mental health issues and suicide prevention.

A key priority of education is to de-stigmatise mental health issues for young people so they are empowered to seek help and to lead full lives. Education programs are designed to increase the level of mental health literacy across the community so that:

- ★ An unrecognised mental illness does not take away a person's opportunity to realise their potential;
- ★ Individuals are able to identify and seek help for any mental health issues, and to develop the resilience to cope in the future;
- ★ Parents, teachers, friends, workmates, and others in the community are able to identify and assist with mental health issues that people they know may be experiencing; and,
- ★ Mental health is given the same priority as physical health and the need to maintain each in equilibrium.



IN SCHOOLS

Youth Focus are committed to empowering young Western Australians with knowledge of mental health and equipping them with the resilience and skills to cope with difficult times throughout their lives and the confidence to seek appropriate support.

Youth Focus has been developing an education capacity since 2012 to complement our core service of face-to-face counselling. We now provide services from five office locations, community outreach centres and around 50 schools in metropolitan and regional Western Australia.

Our reach extends from Albany in the south to Geraldton in the mid-west.



OUR EDUCATION MODEL

Evidence shows that mental health education in schools is more effective if more than one domain of a young person's life are involved.

Youth Focus engages young people, parents and school staff at the same time to amplify learning and open up community wide conversations about mental health. This involves separate facilitated education sessions in your school.

SESSION CONTENT

- ★ Facts about mental illness
- ★ Challenges of adolescence
- ★ What is mental health/mental illness?
- ★ Causes of mental illness
- ★ Depression and anxiety
- ★ How to help yourself or someone else
- ★ Mental illness and suicidal thoughts
- ★ How to maintain good physical and mental health

CURRICULUM LINKS

- ★ Personal, social and community health curriculum (Year 9)
- ★ Skills to deal with challenging or unsafe situations
- ★ Actions and strategies to enhance health and wellbeing
- ★ Strategies for managing emotional responses
- ★ Implications of attitudes and behaviours on individuals and community

WORKSHOPS

1. PARENTS
90min session
For parents & friends in the community

- ★ Evening sessions
- ★ Invitation flyers are provided for advertising
- ★ Promotion of this session is essential in school communications at least one month prior to confirmed date
- ★ Includes Q&A session

2. TEACHERS
60min session
For teachers & support staff

- ★ To be held during professional development session time, or a dedicated time after school

3. STUDENTS
60min session
For Year 9 Students

- ★ Sessions held within normal class period times
- ★ Includes resources to facilitate help-seeking

*It is recommended that parents and teachers sessions are completed prior to student sessions





"I have depression and didn't know what to do, but now I do, so thank you for helping me"

YR 9 STUDENT

"This has opened my eyes and made it better!"

YR 9 STUDENT

"I think this program can change the lives of teens"

YR 9 STUDENT

FEEDBACK

PARENTS

“ The program was very informative and I know that **I am not on my own** when help is needed

The best program I have been to. Need to make it an all parents/carers **'need to go to' event** ”

TEACHERS

“ This workshop by Youth Focus couldn't have come at a better time. The general response from the students was extremely positive. One of my own students wrote me a note stating, *The workshop yesterday helped me a lot and made me think about how I was acting and felt and showed me how I'm hurting the people that I love the most and how I'm pushing them away.* This student has attended her GP to seek a referral to a psych/counsellor. If a program like this only helps one person, then it is a massive success. But I have no doubt it helps many more than that

Very useful. I wish I had learnt about mental health when I was younger. Thanks.

The program was great and **made me feel better** about the topic! ”



today was a good day

"Needs to be delivered to all high schools and kids"

TEACHER

