



MENTAL NOTES

MENTAL HEALTH WORKSHOPS FOR STUDENTS & SCHOOL COMMUNITIES

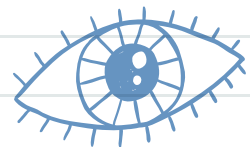
Our mission is to equip young people who experience mental health challenges to lead meaningful lives.

Established in 1994, Youth Focus is a leading not-for-profit organisation that delivers innovative and accessible mental health services and programs across Western Australia to help at-risk young people aged 12 to 25 lead full and healthy lives.

In addition to its **free counselling service** and other programs, 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 and increase the level of mental health literacy across the community so that:

- * Mental health issues do not take away a person's opportunity to realise their potential
- * Individuals are able to identify and seek help for mental health issues and develop the resilience to cope in the future
- * Community members are able to identify and support others experiencing mental health issues
- * Mental health is given the same priority as physical health



OUR VISION

Healthy young people engaging in society, enjoying wellbeing and self-determination

OUR MISSION

To equip young people who experience mental health challenges to lead meaningful lives

OUR VALUES

Dynamic * Integrity * Passionate * Quality * Collaboration





WORKSHOPS

1. STUDENTS

60 min session
For Students

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

2. PARENTS

90 min 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

3. TEACHERS

60 min session
For teachers &
support staff

- * To be held during professional development session time, or a dedicated time out of school hours with TRBWA certificates supplied

CONTACT US

If you would like to book one of our school sessions, or just need some information, please contact our Education Team at Youth Focus:

Emma Seaman

Schools and Web Counselling Coordinator

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