



MENTAL NOTES

MENTAL HEALTH WORKSHOPS FOR STUDENTS & SCHOOL COMMUNITIES

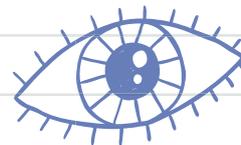
At Youth Focus, we support young people aged 12 - 25 to thrive, by helping to make sure that their mental health does not get in the way of them being who they want to be.

Each year we offer a range of high-quality, safe, and accessible mental health services at no cost, to thousands of young people and the people who support them. Our services are available at schools, Youth Focus locations, and online across Western Australia.

In addition to our counselling services and other programs, we also provide education programs which connect with communities, building awareness about youth mental health and suicide prevention.

By increasing awareness and decreasing stigma we aim to support communities where:

- * Young people are empowered to understand their own mental health and support their wellbeing
- * Everybody can identify when they (or the people they care about) need help and know where to find it
- * Conversations about mental health are something that everyone feels confident to have



OUR VISION

A world where a young person's mental health does not get in the way of them being who they want to be

OUR PURPOSE

We are trusted to champion the mental health needs of young people in WA, supporting them to thrive in their community

OUR VALUES

Dynamic * Integrity * Compassion * Quality * Collaboration





IN THESE WORKSHOPS WE TALK ABOUT:

- * Why taking care of mental health is so important, particularly for young people
- * Recognising the signs of good (and not so good) mental health
- * Feeling confident to help ourselves and others
- * Mental health supports that are available in our community

WORKSHOPS

STUDENTS

60 min session
For students and young people

- * Sessions held within normal class period times

PARENTS/ CARERS

90 min session
For parents, carers and people who support them

- * Evening sessions
- * Promotion of this session is essential in school communications at least one month prior to confirmed date

TEACHERS

60 min session
For teachers & support staff

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

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:

Phone: **08 6266 4333**

Email: **education@youthfocus.com.au**

Web: **youthfocus.com.au/education**

YOUTHFOCUS.COM.AU

education@youthfocus.com.au | 08 6266 4333 | @youthfocuswa

youthfocus

