



headspace Schools & Communities supporting year 12 students transition out of school

Calling all year 12 classes across Australia - join us for a **FREE** online workshop!

The Mental Health Education Program is delivering online workshops for Year 12 students transitioning out of school, to prepare them for the changes ahead.

Our student workshop aims to support students to:

- Understand how change and transitions can impact their mental health
- Understand common responses and concerns with leaving school
- Learn strategies to support themselves and others during the transition out of school
- Explore supports that can help them with the transition

Where:

Online via Microsoft Teams

When:

Mon 2 June - Fri 6 June 2025

How to register:

[Click here](#) to scan the QR Code to register through Eventbrite



Registrations open **Mon 3 Feb 2025** and close **Mon 26 May 2025**

Register your interest and receive an alert when registrations open by emailing us: MHEP@headspace.org.au

frequently asked questions

How will the workshops be delivered?

They are delivered online via Microsoft Teams and streamed live into classrooms. Please speak with your IT departments to ensure you have access to the Teams online platform. We ask that teachers log into the sessions and stream the workshop via a projector screen for all students to view as a group. **Do not share** the joining link with students to log in individually using their own devices.

What technology do we need?

To participate, you will need access to Microsoft Teams, a projector and speakers to live stream the session. You will also need to access the Teams chat box via a keyboard and functioning microphone, should your students wish to share their ideas with the wider group via your computer.

Do we have to have our cameras on?

It is not compulsory to keep your cameras on but we encourage that you do where possible so that each group can see each other, and the facilitators can see what is happening in each classroom. Local school guidelines or internet connections may limit whether your group can have their cameras on.

How long are the workshops?

The workshops run for 1hr 15mins. 60 mins for content and activities and 15 mins at the beginning to ensure everyone can log in and ensure their technology is working.

What if the time slots sit between two periods? Can we adjust the time of the workshop?

These workshops are offered to classes across Australia so we are unable to shift the times. We recommend setting up a separate space in the school with staff supervision for students to opt in to attend. Staff must be present during these workshops, to supervise the students and support their engagement in the workshops.

How many classes can register from my school?

Any Year 12 class from your school can join. Your classes can register separately or together as a whole cohort. Please be mindful of the extra staff support needed if you are combining your groups. If the time slots do not fit with your timetable, we suggest setting up a separate space in the school with staff supervision, for students to opt in to attend.

What happens if the time slot I want is full?

We recommend registering for another session or joining another class from your school if they have already registered and combining your class groups. Alternatively, you can register for a waitlist for your preferred time slot and be notified if the spot becomes available. While you're on the waitlist, you will receive resources to share with your Year 12 students to complete in their own time.

What is my role as a teacher during the workshops?

Teachers are required to supervise the students and manage behaviour throughout the session. We also ask that they support the group to engage and actively participate in the workshop discussions and activities. It is also important for teachers to monitor the wellbeing of students throughout the session and check in on anyone who they feel may have been impacted by the workshop content.

What mental health topics will the workshop cover and what if one of our students has recently been impacted by a tragedy or other critical incident?

Our workshops discuss general mental health and how it may be impacted during periods of transition. We also promote help-seeking and encourage young people to reach out to their families and teachers if they need any support. If you're aware of a student in your class who may find these discussions upsetting, please speak with their families and give them the option to opt out. If your school has recently been impacted by a critical incident or suicide death, please contact Be You in your state or territory for support.

What if my class misses out?

There are limited spots available for our online workshops. Please register for the waitlist for your preferred time slot, in the event that another class cancels their registration. Anyone on the waitlist will be sent follow up resources to share with their Year 12 students.