



## headspace Schools & Communities mental health education program

**Our program delivers free in-person mental health education workshops to secondary school communities across Australia.**

Our student workshops aim to increase mental health literacy, reduce stigma, and build the capacity of young people to understand their own wellbeing needs, support their peers and explore pathways for help-seeking. We also offer a Parent and Carer workshop alongside the student workshops.

Our in-person workshops are interactive, strength-based, evidence-informed and timed to fit a standard school lesson.

**For online workshops, please [visit our website](#).**

**For more information about the program or to book sessions, please contact us at [MHEP@headspace.org.au](mailto:MHEP@headspace.org.au)**

### our workshops

#### Year 7-12:

- Let's Talk About It: mental health
- Looking out for your friends: Notice, Ask, Connect
- In Your Power: Navigating Bullying and Mental Health
- Self-care: looking after your mental health
- Naming and understanding our emotions
- Culture, identity and wellbeing
- Connection & Wellbeing

#### Year 6-7:

- Transitions: Primary to Secondary.

#### Year 10-12:

- Transitions: Leaving School.

#### Parent/Carer workshop:

- Supporting young people: Notice, Inquire, Provide.

## our workshops



Let's Talk About It:  
mental health



Looking out for your friends:  
Notice, Ask, Connect



In Your Power: Navigating  
Bullying and Mental Health



Self-care: looking after  
your mental health



Naming and understanding  
our emotions



Culture, identity and  
wellbeing



Connection & Wellbeing



Transitions: Primary to  
Secondary



Transitions:  
Leaving school



Parent/Carer workshop  
Supporting young people:  
Notice, Inquire, Provide

## learning outcomes

- Understanding mental health and wellbeing
- Break down stigma about mental health
- Manage our stress buckets
- Ways in which we can support ourselves

- Notice: how to identify warning signs that a friend might be going through a tough time
- Ask: how to have difficult conversations and ask your friend if they are OK
- Connect: how to help your friend access support
- Strategies for looking after your own wellbeing

- What is power and its connection with bullying?
- How can we shift power by learning about the brain?
- Know the places, people and things that can help you get your power back

- Understand mental health and the importance of looking after ourselves
- Understand what self-care is and ways to do it
- Build a healthy headspace action plan
- Identify where, when, and how to seek additional support

- Identifying and naming our emotions
- Understanding the purpose of emotions
- Understanding the relationship between feelings, thoughts, and emotions

- What is cultural Identity
- How cultural identity is connected to wellbeing
- How to support each other's cultural identities
- Where to seek support

- How is connection important for wellbeing
- What is loneliness
- How to create connected communities
- Where to seek support

- Understand how transition and change can impact mental health
- How to manage stress from change
- Build resilience and healthy coping skills
- Strengthen sense of connection and belonging

- How change and transitions can impact our mental health
- Common responses and concerns with leaving school
- Strategies to support yourselves and each other during the transition out of school
- Support that can help you with the transition

- Understand mental health and adolescent development
- Understand young peoples' emotions
- Support young people to manage their emotions
- Where to seek support for you and your young people