



## **headspace Schools & Communities mental health education program national online events**

**Our program delivers free online mental health education events recognising important national and world events throughout the year**

Our online events are for educators looking to engage their students in meaningful mental health education. The events 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.

National Online Events are interactive, strength-based, evidence-informed.

**For more information contact us:  
MHEP@headspaceorg.au**

### **How to register**

[Click here](#) or scan the QR Code below to register by selecting your preferred date and time through Eventbrite.



After registering, you'll receive a confirmation email from Eventbrite which will include the Microsoft Teams meeting link to access the webinar.

# frequently asked questions

## How will these events be delivered?

These events are delivered online via Microsoft Teams and will be 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 events via a projector for all students to view as a group. **Do not share** the Teams link with students, and they should not log in individually from their devices. Students will join the session through the teacher's stream.

## Do we have to have our cameras on?

It is not compulsory to have your cameras on though we do encourage it where possible, to engage and connect with other people in the sessions. This can also support our headspace MHEP consultants to engage with your students and to see what is happening in each classroom. We understand that local school guidelines or internet connections may limit whether your group can have their cameras on.

## How long will the online event run?

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

## What if my class misses out?

There are limited spots available for our online events. If an online event is full, you will be able to register for the waiting list on the [event page](#) should another class cancel their registration.

## What happens if an online event is full?

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## What is my role as a teacher during the online event?

Teachers are required to supervise the students and manage behaviour throughout the sessions. We also ask that they support the group to engage and actively participate in the event 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 event content.



## What technology do we need?

To participate in the online events, you will need access to Microsoft Teams, a projector and speakers, to livestream the sessions. You will also need access to the Teams chatbox via a keyboard to actively engage with the discussions. Should your students also wish to engage verbally with the wider group, access to a functioning microphone will be necessary.

## What if the time slots sit between two periods? Can we adjust the time of the online event?

These online events are being 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 class groups to attend the events between lesson times.

## How many classes can register from my school?

Any class at your school from Yr 7-12 is welcome to join any of our online events. Your classes are welcome to register separately or together as a whole cohort. As above, if the time slots don't fit with your timetable, we suggest setting up a separate space in the school with **staff supervision**, for class groups to attend.

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

Our online events will discuss general mental health and ways to manage stress and tough times. 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 family and give them the option to opt out.

If your school has recently been impacted by a critical incident or suicide death, please connect with the Be You team in your state or territory for support. Please click [here](#) to find contact details for each state and territory.

## Need more information?

Contact us:  
[MHEP@headspace.org.au](mailto:MHEP@headspace.org.au)

