



StartUP sessions

TEACHERS' INFORMATION

The Orygen Brief Interventions in Youth Mental Health (BIYMH) program is an evidence-based program that has been designed as an alternative service model for young people with **mild to moderate** psychopathology with **low complexity** and **low levels of risk** to self and others.

At **headspace** Bathurst, we will be using the BIYMH program to start a weekly 'information session' which will function as an active waitlist as well as a soft entry for young people wanting psychoeducation on any or all of eight specific areas of mental wellbeing.

Term 2

- 25/5 Communicating with confidence
- 1/6 Understanding my anger
- 8/6 Physical activity for wellbeing
- 15/6 Understanding my moods and anxiety
- 22/6 Problem solving skills
- 29/6 Mindfulness and relaxation

Term 3

- 20/7 Understanding and accepting myself
- 27/7 Sleeping well
- 3/8 Communicating with confidence
- 10/8 Understanding my anger
- 17/8 Physical activity for wellbeing
- 24/8 Understanding my moods and anxiety
- 31/8 Problem solving skills
- 7/9 Mindfulness and relaxation
- 14/9 Understanding and accepting myself
- 21/9 Sleeping well

Who

Young people 12-25 years old with mild to moderate psychopathology with low complexity and low risk to self and others.

When

Thursday afternoons 3:45—5pm

Where

The Hylite Centre, headspace Bathurst

Getting there

Our complimentary taxi service is available to your students. Call headspace reception for further details.

Contact

For information about the program, please call Kellie Fuller on 6338-1122 or by email at kellie.fuller@marathonhealth.com.au.

