

Workshops are interactive with a variety of engaging delivery methods utilised. Depending on which presentation, the workshop may include PowerPoint, quizzes, activities, brainstorm, scenarios, video and music clips, discussions, useful websites, prizes, and health and contact information handouts.

20 minute presentation

For single classes & large groups

For students: Year 7 +

1. What Is headspace Geelong?

Provides an introduction to headspace Geelong with a focus on how to access headspace, the services available and what to expect.

90 minute presentation

For single classes & large groups

For students: Year 9+

2. Young People & Mental Illness—RuOK? Unit

Provides clear explanations of types, symptoms, risk factors and treatments of mental illnesses: depression, anxiety, psychosis, substance use disorder and eating disorders.

45 minute presentation

For single classes & large groups

For students: Year 7 & 8

3. So You Are Worried About A Friend

The presentation centres around the premise that young people generally turn to their friends for help. It explains the terms mental health and mental illness, what to look out for in yourself or a friend who may be struggling, and what can be done to help.

40 or 90 minute presentation

For single classes & large groups

For students: Year 9+

4. Stress, Anxiety or Both

Select from three options: Stress (45 minute), Anxiety (45 minute) or Stress and Anxiety (90 minute). They address common signs and symptoms of stress or anxiety (or both), and the short and long term harms. Students learn about and practice useful relaxation strategies.

90 minute presentation

For single classes & large groups

For students: Year 7 +

5. Bullying

Students learn how the bullying “game” is played. The presentation covers the nature of the bully, how they choose a target and the effects. It teaches students tips for protecting themselves from bullying (including cyber bullying) and where to go to for support.

Session length negotiable

For small & large groups

For parents & staff

6. Parent/Staff Info sessions—Sexuality or Mental Health

A General Practitioner (GP) provides insight on understanding and supporting the sexual health of teenagers. Mental health workers deliver on signs, symptoms and treatments of mental illness. All information is provided to assist staff and parents to feel better able to support youth.

Contact us at headspace Geelong:
www.headspace.org.au/geelong

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Education Workshops are provided free of charge, however donations are greatly appreciated where possible. To donate or for more information please phone Danielle Leal on 5222 6690.