



headspace Schools & Communities mental health education program virtual classrooms

Our program delivers free online mental health education virtual classrooms to secondary school communities across Australia.

Our virtual classrooms are interactive, strength-based, evidence-informed. They 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.

For in-person workshops at your school, please [visit](#) our website.

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

**To register, [click here](#)
OR scan the QR code.**



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

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

frequently asked questions

How will these virtual classroom be delivered?

Virtual classrooms 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 workshop via a projector for all students to view as a group. Please do not share the Teams link with students to log in individually using their own devices.

Do we have to have our cameras on?

Whilst it is not compulsory to have your cameras on, we encourage that you do where possible, to support engagement and connection with other groups in the session. This can also support our 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.

What technology do we need?

To participate in a virtual classroom, you will need access to Microsoft Teams, a projector and speakers, to livestream the session. 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.

How long will the virtual classroom run?

Each virtual classroom will 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 happens if a virtual classroom is full?

If the virtual classroom is full, please register for the waitlist on Eventbrite, in the event another class cancels their registration.

What is my role as a teacher during a virtual classroom?

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 if my class misses out?

There are limited spots available for our virtual classrooms. If an event is full, you will be able to register for the waiting list on the [event page](#) should another class cancel their registration. Please note we run weekly virtual classrooms on various topics each term. Please [visit](#) our Eventbrite page to register for another session.

How many classes can register from my school?

Any class from your school is welcome to join us for our virtual classroom (please be mindful of different virtual classrooms offered to different year levels). 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 if the time slots sit between two periods? Can we adjust the time of the virtual classroom?

Virtual classrooms 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 virtual classroom between lesson times.

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

The content delivered in a virtual classroom 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 families 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

