



headspace Schools & Communities mental health education program

Our program delivers free 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 Parent and Carer workshops alongside the student workshops.

Workshops are interactive, strength-based, evidence-informed and timed to fit a standard school lesson.

Workshops can be facilitated onsite and/or online.

For more information about the program or to book sessions, please contact us at:

MHEP@headspace.org.au

our workshops

Year 7-12:

- Let's talk about it: mental health
- Looking out for your friends: Notice, Ask, Connect
- Standing strong: bullying and mental health
- Self-care: looking after your mental health
- Naming and understanding our emotions

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



Standing strong:
bullying and mental
health



Self-care: looking after
your mental health



Naming and
understanding our
emotions



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

- Identify the ways your body and brain react to stress
- Review bullying's impact on mental health
- Find spaces and activities to help you stand strong
- Explore who you can talk to and seek support

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

- 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

- Understand how transition and change can impact mental health
- How to manage stress from change
- Build resilience and healthy coping skills
- Strengthen 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 wellbeing in young people
- Notice changes that a young person might be going through a tough time
- Identify strategies to connect and communicate with young people
- Increase knowledge about how to support a young person and where to access professional support

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The Mental Health Education Program is a Schools Suicide Prevention Activity initiative. headspace National Youth Mental Health Foundation is funded by the Australian Government.



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