

**O|T** OUTSIDE THE  
**L|R** LOCKER ROOM

# **MENTAL HEALTH EDUCATION**

**+**

# **WELFARE SUPPORT**

**#STIGMASTOPHERE**

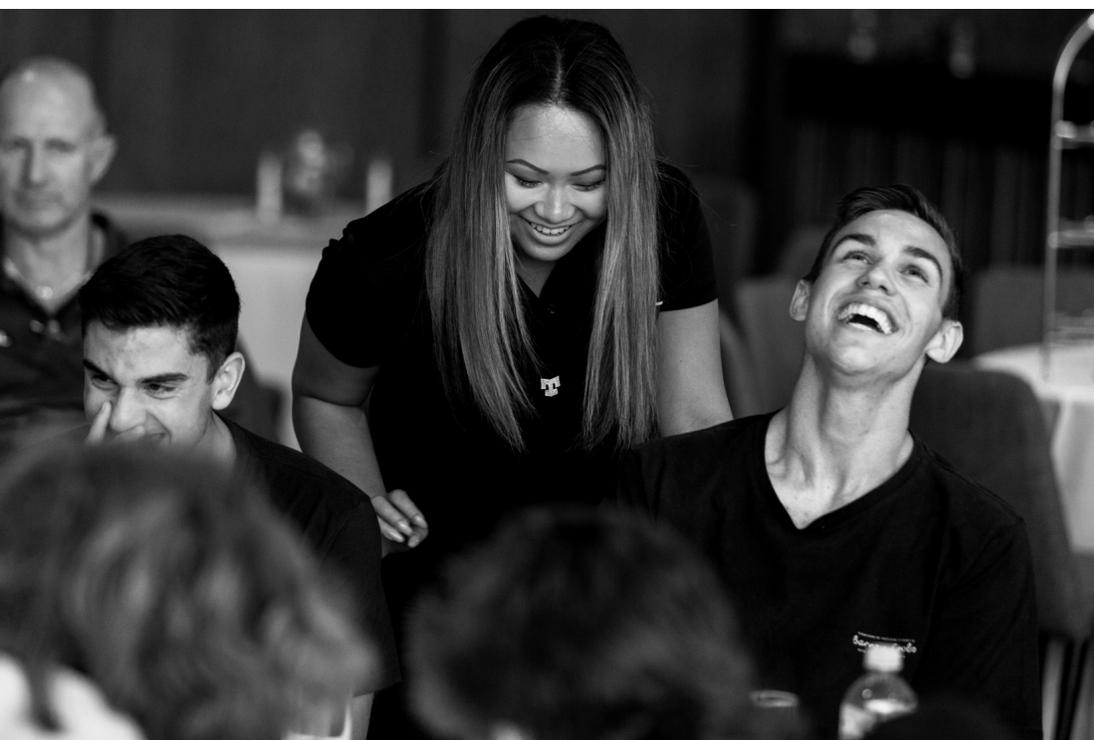


# MENTAL HEALTH EDUCATION

**When your school signs up to our program, we provide two mental wellbeing education sessions.**

To launch the program, we will come to your school to deliver our Youth Mental Health education session.

This session covers the signs and symptoms of difficult time, when to seek professional help, coping mechanisms to overcome a difficult time and direct support systems.



The second session follow up session topic is Youth Cyberbullying.

Your school also has the option to provide a third session - Resilience.

**Each session is 60 minutes in duration.**



# Teacher & Parent Wellbeing

**We understand that education and support is needed for everyone, both the educator and the parent.**

The first session is our Mental Health education session, focusing on the signs and symptoms of a mental health challenge, how to start the conversation and how to support an individual.

Sessions can be completed for educators, parents or both combined.

The second session is chosen by the organisation from the following mental wellbeing topics:

- Wellbeing and Lifestyle
- Drugs and Alcohol
- Resilience
- Inclusion and Respect

**Each session is 60 minutes in duration**





## Program Delivery

**OTLRs program has been developed in partnership with mental health and youth service experts, delivered by locally-based program facilitators and registered mental health professionals.**

### **Program Facilitators**

Program facilitators are locally based lived-experience individuals who are trained by Outside the Locker Room to deliver the OTLR mental wellbeing program across Australia.

### **Welfare Champions**

Welfare champions are registered mental health professionals\* trained by Outside the Locker Room to support the education sessions delivered across Australia.

The role of the Welfare Champion is:

- Give their professional opinion and support
- Break down barriers to seeking professional help, by being present and relatable in the room
- Provide immediate support to anyone who may need it

\*Qualified Counsellors, Psychologists, Social Workers, Mental Health Nurses, Mental Health Occupational Therapists or other registered mental health professionals.

# Session Description

## Youth Mental Health

Focuses on understanding the signs of a difficult time, when to seek professional help, coping mechanisms to overcome a difficult time as well as direct support systems.



**OUTSIDE THE  
LOCKER ROOM**

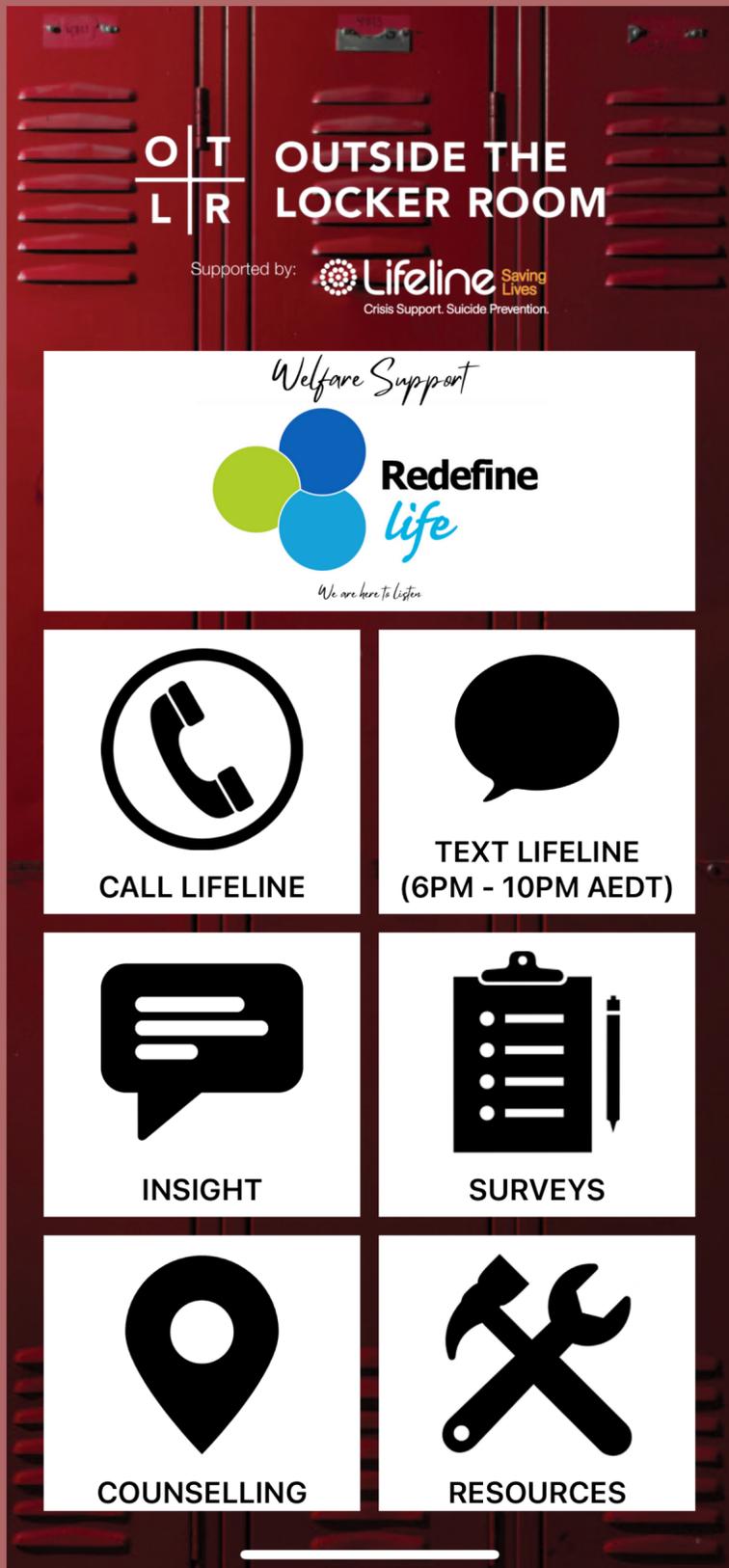
## Resilience

This session provides understanding for the importance of resilience and using the 6 pillars of resilience in everyday life.

## Cyberbullying

This session looks at the ability to have compassion for the bully, to become an upstander instead of a bystander and supports available if you are being bullied.





# OTLR Welfare App

Each community that completes the OTLR program gains access to the OTLR welfare app. This provides each individual with access to welfare support, direct links to Lifeline and Lifeline text support as well as weekly check in surveys and resources.

\*Please note all referral services are at the cost of the individual



Further resources and mental wellbeing tips can be found at [otlr.org.au](http://otlr.org.au)

# Redefine Life Counselling Support

Redefine Life Counselling Support provides OTLR participants with direct access to welfare support and referral connections.

This can be accessed through the OTLR app and OTLR website.



**MENTAL  
HEALTH  
FIRST AID**  
Australia

## MHFA Training

OTLR provides communities with the opportunity to complete a 3 year accredited Mental Health First Aid training course.

MHFA skills means that you can assist someone developing or experiencing a mental health crisis and make a difference to your community.

Please note we are not an emergency service. If at any point you are concerned for your safety, or the safety of someone else, please call 000.

Outside the Locker Room Charity Ltd is registered as a charity with the Australian Charities and Not-for-profits Commission | ABN 45635277762

