



mental health education program

Workshops for secondary schools

Schools play an important role in supporting the mental health needs of young people and their families.

Our free mental health education workshops are designed for secondary students and their parents and carers to build mental health awareness, knowledge and skills.

Workshops are interactive, strength-based, evidence-informed and timed to fit a standard school lesson. Workshops are facilitated onsite at schools or online as a webinar, with teachers and school wellbeing staff encouraged to participate in the workshops.

Where possible, workshops include headspace centre staff and local mental health professionals to highlight services and referral pathways to ongoing support available in local communities.

These workshops complement mental health and wellbeing strategies that schools already have in place, including the Be You national initiative for educators.

For more information and to request workshops for your school, please contact MHEP@headspace.org.au

Mental Health Education Program: Workshop Overview

Student Workshops

Let's Talk About It: *Mental Health*

- Understand mental health and wellbeing
- Strengthen mental fitness (years 7-9) and explore the stress bucket (years 10 – 12)
- Discuss healthy coping strategies to support yourself
- Identify options for seeking support online and in your community

Looking Out for Your Friends: *Notice, Ask, Connect*

- 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 mental health and wellbeing

Standing Strong: *Bullying and Mental Health*

- 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

Parent and carer workshops

These workshops complement the above student workshops

Supporting young people: *Notice, Ask, Connect*

- 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

Self-Care: *Looking after your mental health*

- 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

Managing changes: *Transition from primary to secondary school*

- 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

Natural Disasters: *Stress, Change and Coping*

- Understand mental health and wellbeing
- Understand reactions to natural disasters
- Identify changes and strategies for coping
- Connect with trusted adults, services and information

Supporting young people after a Natural Disaster: *Stress, Change and Coping*

- Understand mental health and wellbeing and the reactions and changes that young people could experience after a natural disaster
- Understand strategies and skills that enhance communication and connection with a young person
- Increase knowledge about where and how to access professional supports