



## headspace Schools & Communities mental health education program

**Our program delivers free in-person 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 a Parent and Carer workshop alongside the student workshops.

Our in-person workshops are interactive, strength-based, evidence-informed and timed to fit a standard school lesson.

**For online workshops, visit our website or scan the QR code**



**For more information or to book workshops at your school, please contact us at [MHEP@headspace.org.au](mailto:MHEP@headspace.org.au)**

### our workshops

#### Year 7-12:

- Let's Talk About It: Mental Health
- Looking out for your Friends: Notice, Ask, Connect
- Bullying & Mental Health
- Self-care: Looking after your Mental Health
- Emotions
- Culture, Identity & Wellbeing
- Connection & Wellbeing

#### 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



Bullying & Mental Health



Self-care: Looking after  
your Mental Health



Emotions



Culture, Identity & Wellbeing



Connection & Wellbeing



Transitions: Primary to  
Secondary



Transitions:  
Leaving school



Parent/Carer workshop  
Supporting young people:  
Notice, Inquire, Provide

## learning outcomes

- understanding mental health and wellbeing
  - how does stress impact mental health?
  - managing stress
  - where to seek support
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- notice: how to identify warning signs that a friend might be going through a tough time
  - ask: how to have difficult conversations and ask if they are OK
  - connect: how to help a friend access support
  - strategies for looking after wellbeing
  - where to seek support
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- what is bullying and how it affects us?
  - managing our emotions
  - communication skills
  - where to seek support
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- understanding wellbeing
  - what is self-care?
  - building our self-care kit
  - where to seek support
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- why we have emotions
  - how to notice our emotions
  - dealing with our emotions
  - where to seek support
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- what is cultural identity
  - understanding how cultural identity is connected to wellbeing
  - how to support each other's cultural identities
  - where to seek support
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- understanding how connection is important for wellbeing
  - what is loneliness?
  - how to create connected communities
  - where to seek support
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- understanding how change impacts mental health
  - what we can and can't control
  - understanding our values
  - building our support network
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- handling stress during big life changes
  - learning ways to stay calm and cope
  - finding people who can support
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- understanding adolescent mental health and development
  - understanding young peoples' emotions
  - supporting young people to manage their emotions
  - where to seek support for you and your young people



headspace  
National Youth Mental Health Foundation