

Students and Parent/Carer Sessions

- Facilitated sessions for secondary school students, themes include: Mental health literacy, impact of bullying on mental health, promoting support seeking skills and how to support a friend if you are worried about them.
- Facilitated sessions for parents & carers, themes include: Information about mental health and wellbeing in adolescence, skills to support conversations between parents & young people about mental health and strategies for parents to support their young person.
- Promotion of referral pathways and support services available.
- Sessions are delivered onsite and in-person.

For more information and to express interest in hosting sessions, please contact:
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Recognising the important role schools have in their communities in supporting the mental health needs of young people and their families, this initiative is designed to support the strategies you already have in place and strengthen partnerships with headspace centres and mental health services.

These sessions will build awareness and capacity in students and parents/carers and where possible be co-facilitated with school staff and local mental health professionals.

This initiative complements mental health & wellbeing frameworks and the *beyondblue* National Education Initiative Sessions can be tailored to individual school needs and will be available to schools until December 2019.

This initiative is funded by the Australian Government.

