

Talking Mental Health

Workshops
for students,
teachers
and parents



“ I’ve heard a lot of people in my year talk about mental illness and say a lot of things that are negative or incorrect, so I’m glad there is someone educating them about it so that they are aware – thank you!”

Year 11 student



What we do

The emotional and mental wellbeing of young people is just as important as their physical health.

Being mentally healthy allows young people to develop the resilience to cope with whatever is going on inside and around them.

HelpingMinds® offers a variety of free and informative workshops, in **Perth metro and 200km from the CBD**, to help educate students, teachers and parents about mental health.

Our fun and interactive workshops focus on raising awareness about mental health and reducing the stigma associated with mental illness.

We provide children and young people, and the adults around them, with the knowledge and tools to help manage mental health challenges in themselves or someone close to them.

Did you know that

1 in 7 children

and

1 in 5 adults

experience mental

health challenges?



Workshops for students

More than 70% of mental health challenges will emerge by the age of 25.

Our free in-school workshops aim to help young people prevent, identify and respond to these challenges.

The workshops are suitable for primary and secondary schools and can be tailored to suit specific needs and interests and to fit within timetables.

Student workshops include:

- Social media and mental health
- Lifelong resilience
- Bullying
- Let's talk mental health

Three 1-hour workshops

Workshops for teachers and parents

HelpingMinds® delivers an evidence based approach addressing Australian Institute for Teaching and School Leadership (AITSL) standards 1.1, 3.3 and 3.5, to help teachers and parents with the challenges they face in their role.

Our range of free professional development workshops aim to increase confidence and prepare teachers and parents to handle mental health challenges in the classroom and at home.

- Working with anxiety in the classroom

For primary school teachers

- Youth Mental Health First Aid

For adults who work with young people aged 12-24



- Raising resilient children

For parents of children aged 2-10





One-on-one counselling

HelpingMinds® provides free in-school professional counselling to **young people (8-17 years)** who have a family member living with mental health challenges.

Young people (0-18 years) residing in the City of Swan who have emotional difficulties or are at risk of developing mental health challenges are also able to access free in-school counselling.

Counselling appointments are carried out weekly or fortnightly in 30 or 60 minute sessions.

- Penny is 14 years old and has started to experience some feelings of anxiety
- around going to school. She feels a lot of pressure about her workload and
- there have been some changes in her friendship group recently which are
- causing her additional stress both at school and on social media.
- Our workshops and counselling have given Penny insight into the feelings she
- was experiencing as well as teaching her some healthy coping strategies.
- Now Penny knows how she can prevent these feelings from getting worse and
- who she can talk to for support.

Like to know more?

We would love to hear from you.

If you have questions, would like more information or wish to make a booking please call us on (08) 9427 7100 or email info@helpingminds.org.au

Get in touch

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🌐 helpingminds.org.au



Where we are

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