



The material will be presented in a positive, light and informative manner by experienced presenters who are also mental health consumers and will talk from their own lived experience. It is recommended that students have the opportunity of placing questions in a questions box prior to the presentations so that they can have their anonymous questions answered or material on the topic left for them.

6.1

## Keeping Sane™ for Students – Years 8 & 9

1 hour

### Introduction to understanding mental health

- What is a mental health problem?
- How do you know if you have got one?
- How many people have them and who gets them?
- What are the triggers for getting a mental health problem?
- What is anxiety and what is depression?
- Who can help me if I feel down or anxious?
- What could I do if someone else's mental health is affecting me?
- How can I help someone else?
- How can I stay mentally well myself?

### The main take home messages for the students will be:

- Anyone can be affected by a mental health problem!
- Mental health problems are real and help is available!
- Mental health problems are something that we don't have to fear or be ashamed of!
- You can do things to keep yourself mentally healthy!

# Keeping Sane™ for Older Students – Years 10, 11 & 12

1.5 hours (including 15 min question time)

## Introduction to understanding mental health and wellbeing

- What is a mental health problem?
- How do you know if you have got one?
- How many people have them and who gets them?
- What are the triggers for getting a mental health problem?
- What does depression feel like?  
What does anxiety feel like?
- What helps and who can help?
- What could I do if someone else's mental health is affecting me?
- How can I stay mentally well myself?  
An introduction to resilience.



## The main take home messages for the students will be:

- Anyone can be affected by a mental health problem!
- Mental health problems are real and help is available!
- Mental health problems are something that we don't have to fear or be ashamed of!
- You can do things to keep yourself mentally healthy by recognising ways to be resilient.

The presenters for this group will address and answer questions regarding suicidal thought and non-suicidal self injury (self harm). The basis of these responses will be applying the Mental Health First Aid approach and lived experience.



Contact Brain Ambulance **BrainAmbulance**

MENTAL HEALTH EDUCATION

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