



Leading Mental Health promotion in
Australian secondary schools



Redevelopment

1. New content informed by current research and evidence
2. Updated to become a practical online resource for educators
3. MindMatters works - it will have a positive impact on your classroom experience and student results



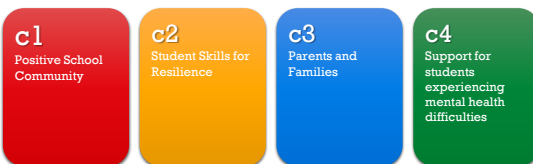
Key Messages

1. Mental health is a prerequisite for effective learning
2. Schools can make a difference
3. Mental health promotion is best planned by individual sites
4. MindMatters is a framework not a program

Who's involved



Four components



c1 Positive school community

Target area 1 – Developing a whole school approach

- 1.1 Getting started
- 1.2 Using data for planning and success
- 1.3 What is mental health

Target area 2 – Relationships, belonging and inclusion

- 1.4 Relationships and belonging

C2 Student skills for resilience

Target area 3 – Resilience approaches and programs

- 2.1 Youth development
- 2.2 Resilience models
- 2.3 Resilience programs and planning

Target area 4 – Student empowerment and mental health

- 2.4 Empowering students

C3 Parents and Families

Target area 5 – Information support

- 3.1 Meeting parents' information needs

Target area 6 – Skills for effective communication

- 3.2 Communicating with parents
- 3.3 Sharing concerns with parents

C4 Support for Students Experiencing Mental Health Difficulties

Target area 7 – Recognising and responding to students experiencing difficulties

- 4.1 How schools help students
- 4.2 Youth mental health difficulties
- 4.3 When should I be concerned?
- 4.4 Helping individual students
- 4.5 Understanding friends/peers
- 4.6 Looking after your friends

Target Area 8 – Pathways and programs

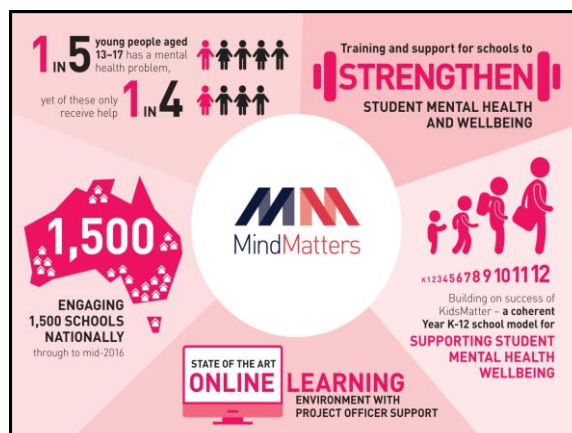
- 4.7 Who can help?
- 4.8 Building support pathways

Benefits for your school community

- Young people are more able to understand and manage their own mental health
- Young people are better placed to access appropriate supports when they need them
- Schools know more about available services and resources

Benefits for your school community

- Young people are more likely to attend class, complete assignments and achieve academic success
- School staff, families and the broader community are more able to respect, care for and offer appropriate support to young people
- People within the broader community are less likely to stigmatise those with mental health problems





MindMatters

mindmatters.edu.au