



Our leading program for youth on stigma and help-seeking with powerful lived experience stories

# Mental Health 101 for youth



An introduction to mental health that builds an understanding of the myths and facts. This workshop includes real life stories and provides practical examples of help-seeking behaviours.

Delivered by trained Volunteer Educators and guided by the MIEACT DoNoHarm safe story-telling framework this session includes two lived experience stories combined with evidence-based educational content mapped to the Australian Curriculum.

#### Australian Curriculum Links:

[Years 7,8 - \(ACPPS074\) & \(ACPPS076\)](#)

[Years 9,10 - \(ACPPS093\) & \(ACPPS095\)](#)

FREE to ACT schools

## By the end of the session you will:

Articulate the prevalence of mental illness

Understand what stigma is

Identify negative consequences of stigma

Identify where to go for help (advice)

Have improved mental health literacy of the target group

Contribute to the collective impact in reducing stigma in relation to mental illness

*"The students really enjoyed listening to the presenter. They were amazed about how honest and open their were about their life. It was a great session."*

**-Teacher**

# mieact

mental health & well-being  
education & training providers

For more information visit [www.mieact.org.au](http://www.mieact.org.au)