

Year 10-12

# MENTAL HEALTH 201

Delivered in a single 60-minute session senior students, this program addresses stigma and promotes help seeking through the power of lived experience story sharing.



FREE TO ACT SCHOOLS

By the end of the session participants will:

- Reduce stigma around mental illness through powerful lived experience stories;
- Encourage early help-seeking and open conversations about mental health;
- Promote hope and resilience in the face of mental health challenges;
- Inspire students with real-life journeys of recovery and support;
- Motivates self-awareness and self-care practices for mental wellbeing;
- Allows students to connect with lived experience stories and see reflections of their own mental health journeys.

"Phenomenal. It was interesting and further guided my interest in mental health. Hopefully I will become a psychologist one day."

- Program participant

## Australian Curriculum Links

Year 10

Year 11/12

AC9HP10P01

AC9HP10P02

AC9HP10P06

AC9HP10P07

AC9HP10P08

AC9HP10P09

Behavioural Science

Psychology

To enquire or book contact [bookings@mieact.org.au](mailto:bookings@mieact.org.au)