

Year 10-12

# MENTAL HEALTH 201



Addresses stigma and promotes help seeking through the power of lived experience story sharing.



## FREE TO ACT SCHOOLS

Mental Health 201 addresses stigma and help-seeking through two powerful lived experience stories shared by MIEACT volunteer educators. This program is designed for older students and allows for a more critical look at the impacts of stigma and importance of early help seeking. Students are given access to in-depth mental health stories which have been carefully curated to be age-appropriate and safe for students.

### By the end of the session participants will:

- understand the negative consequences of stigma and the effects individual and communities' views on mental health have on help seeking;
- describe various signs and symptoms of mental illness and identify concerns in themselves and others;
- analyse the power of real-life stories of people living with or looking after someone with a mental illness and reflect on how this insight could guide their own self-care and help-seeking practices;
- identify, analyse and critique a wide range of strategies that are both helpful and unhelpful for good mental health and positive self-care behaviour;
- articulate, plan and implement strategies for managing their own mental health;
- identify where to go for help.

"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

ACPPS093

Behavioural Science

ACPPS095

Psychology

ACPPS090

ACPPS094

ACPPS098