



# MIND MATTERS: MENTAL HEALTH AWARENESS

## Overview: Supporting Yourself and Those Around You

Mental health matters and understanding it can be lifesaving. This workshop helps students aged 12-17 recognise when they or someone else might be struggling and how to respond with confidence and care.

Through hands on activities, students explore what mental health actually means, learn to spot early warning signs and practice the 3 Step Action Plan for responding when someone needs help. They discover evidence based strategies to manage exam anxiety, calm panic attacks and build everyday habits that support mental wellbeing.

Whether dealing with academic pressure, friendship breakdowns or just feeling overwhelmed, this workshop gives young people practical tools to seek help and support others without stigma.

### Workshop Topics

#### **FOUNDATION (recommended for years 7-9)**

- Understand What is Mental Health and Why It Matters
- Spot Warning Signs When They or a Friend is Struggling
- Know the Difference Between Stress and Something More
- What to Do when Feeling Anxious or Overwhelmed
- How to Respond when Someone Needs Help
- Find Help for Themselves or Others

#### **APPLIED (recommended for years 10-12)**

- Analyse Mental Health Challenges Affecting Adolescents
- Recognise Complex Warning Signs and Assess Severity Levels
- Apply Evidence Based Strategies to Manage Stress and Resilience
- Provide Effective Peer Support While Maintaining Boundaries
- Navigate Mental Health Systems and Advocate for Support
- Challenge Stigma and Promote Mental Health Awareness

### Who is this workshop for?

**Years 7-9 (Foundation):** Understanding mental health basics, recognizing feelings, building simple coping skills, and learning when to ask for help

**Years 10-12 (Applied):** Navigating complex mental health challenges, managing exam stress and future pressures, providing peer support, and accessing professional services

### Workshop Benefits

Students gain practical mental health literacy and peer support skills. They learn evidence based techniques for managing stress, anxiety and difficult emotions during exams, social challenges and daily pressures.

Students leave with confidence to recognise warning signs and respond effectively.

This workshop supports your school's wellbeing framework while building the mental health awareness essential for positive classroom engagement and early intervention.

## Why Mental Health Matters for Teenagers

Mental health literacy is essential for early intervention and positive outcomes. Research from *Headspace* shows that 75% of mental health conditions emerge before age 25, with most young people experiencing symptoms for 1-2 years before seeking help.

This workshop addresses critical challenges Australian teenagers face:

- **Mental health stigma:** Fear of judgment prevents help seeking and worsens isolation
- **Academic pressure:** Exam stress, perfectionism and burnout affecting student wellbeing
- **Social media impacts:** Comparison culture, cyberbullying, FOMO and online harassment
- **Peer support gaps:** Wanting to help friends but not knowing what to say or do
- **Warning sign recognition:** Difficulty distinguishing everyday stress from crisis situations
- **Help seeking barriers:** Not knowing where to go or how to start conversations
- **Digital wellbeing:** Understanding how screen time and online activity affect mental health

## Delivery Options

- **Duration:** 60-90 minutes (flexible to suit school timetables)
- **Group Size:** 25-30 students per session. For larger groups sessions run simultaneously
- **Format:** Interactive workshop with discussion, self reflection activities, and skill building exercises
- This program can be offered over 4 weeks to allow a deeper dive into each topic to improve skill development through activities.

## Inclusions

- Pre session consultation with school to address specific student cohort needs.
- Certificate of workshop for school records
- Downloadable student resource guide with emotional intelligence strategies.
- Post session student feedback survey
- Post session report with observations and recommendations.
- Student 'Healthy Mental Health' Took Kit



## What Sets Us Apart

F.A.S.T. Training delivers evidence based wellbeing programs for Australian schools.

Our expert facilitators create safe spaces where students develop practical emotional skills.

Our delivery style is age appropriate, fun and engaging.

## Find out more

[www.fasttrainingaustralia.com.au](http://www.fasttrainingaustralia.com.au)

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