



A WORLD

*WHERE ALL
YOUNG PEOPLE
FLOURISH,
UNDERSTAND
THEIR
INFLUENCE
AND IMPACT
THE WORLD
SELFLESSLY*



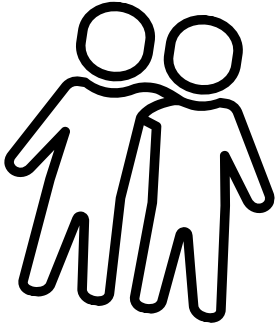
THE POSITIVE VIBES FOUNDATION YOUNG HEALTHY MINDS FORUM 2024



Burn Bright

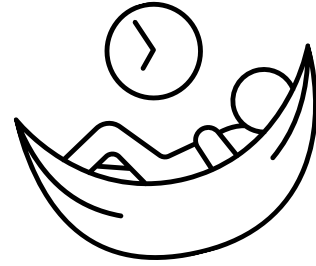
Student Leadership. Wellbeing Programs. National Camps.

TAKE IT BACK PROJECTS



WOLLEMI COLLEGE

Introducing and celebrating R-U-OK Day at school, including a workshop to address current mental health issues in the school.



HILLS GRAMMAR SCHOOL

Wellbeing Wednesday for all students and teachers throughout the school. Creating engagement with mental health

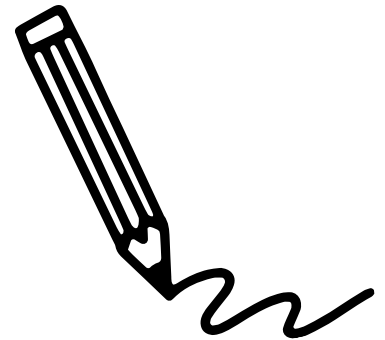
TAKE IT BACK PROJECTS

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GALSTON HIGH SCHOOL

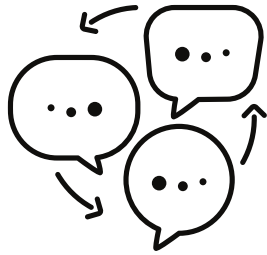
Introducing a Mental Health Morning once a term in House Groups, to build connections and inclusivity across year groups.



CASTLE HILL HIGH SCHOOL

Seminar for parents on academic stress levels to help support students better. The workshop will discuss the difference between surviving and thriving and include experiences from past and present students.

TAKE IT BACK PROJECTS



ST JOHN XXIII CATHOLIC COLLEGE

The students want to share their lived experiences with mental health on a student-led podcast to share throughout the school and show students they are not alone.

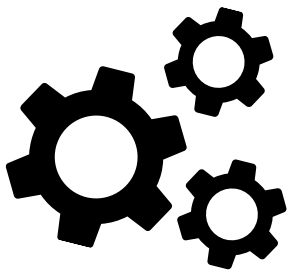


SANTA SOPHIA CATHOLIC COLLEGE

Contribute to current wellbeing lessons in school to help provide other students with skills to own and engage with their own mental health. Also include feedback mechanisms.

TAKE IT BACK PROJECTS

THE POSITIVE VIBES
FOUNDATION YOUNG HEALTHY
MINDS FORUM 2024



AUSTRALIAN INTERNATIONAL ACADEMY

Run a mental health workshop once a term to discuss different questions including hands-on activities to engage different students within the school.



RIVERSTONE HIGH

Having a focus on raising awareness of mental health within the school through various initiatives. Want to reduce the stigma!



PANEL QUESTIONS

Questions answered by panel:

1. Is it ok to want to help myself?
2. How can I find motivation to do school work?
3. How can I comfortably be able to open up and talk about my mental health struggles?
4. How to help a friend with mental health if they are trying to bring you down with them?
5. What are the services we should reach out to (the various companies)?
6. At what stage do you reach out for support? Even for minor anxiety
7. How do I stop mental health issues from happening in the first place?

Other questions submitted:

- What to do if you think you have an eating disorder?
- What do I do if everywhere is booked like the psychologist?
- How do you know who is depressed?
- What is the first thing to do for someone that is depressed?
- How do I stop mental health from happening?
- What are some strategies when stressing about being out of routine or failing to reach your goals?
- What are some things you can do when you're stressed?
- What will you do if you have mental health but your family doesn't understand?
- What are some ways we can help implement parent/caretaker engagement in student mental health awareness?
- When I was younger, I would bite myself when I was hurt (mentally) does this count as self harm. Now I cut my hair to cope with trauma, should I get help?
- Who should I talk to if I can't reach out to councillors?
- How do you get over a relationship?

STUDENT TAKEAWAY'S

- The importance of mental health
- It is okay to get help and help can actually make you get better
- 'Keep calm and know that I am god' religion and prayer can play a part in good mental health too.
- Its okay to not be okay
- There is no such thing as fear of the unknown
- Mental health matters
- Failure is actually feedback
- I thought learning about signs someone might be unwell was quite interesting
- The mental health of everyone is everyone's responsibility - please do more social activities with other schools
- A good environment really matters for your mental health.
- How to deal with a friend that has mental health struggles
- This experience has helped me overcome some of my personal stigma / beliefs on mental health
- If I lose my smile it is okay. Life goes on
- We always have motivation, its just about how we use it
- There are still very clear stigmas around mental illness.

the ways we address it are through experiences like this

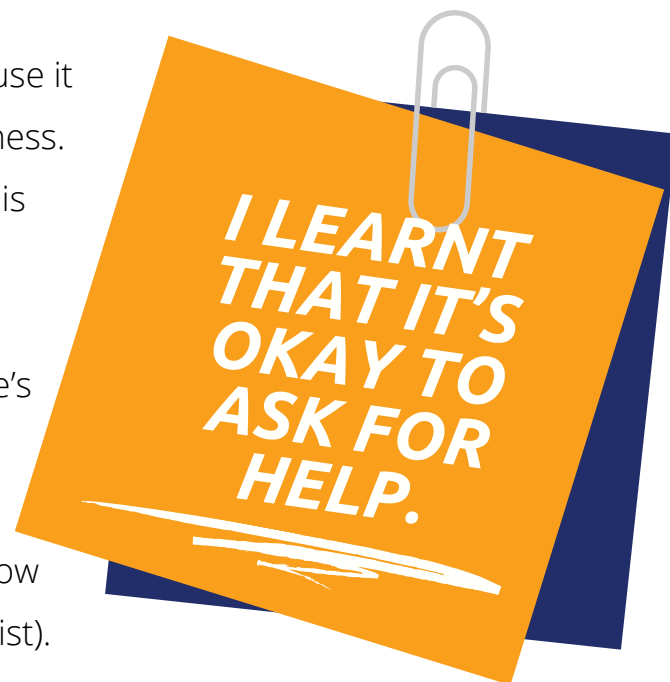
- I have learnt about more ways to help someone who is struggling with mental health
- I took from this that you don't need to solve people's problems but acknowledge and listen to them.

I also learnt that its easy to talk to people you don't know

- I'm going to keep the advice from Mr. peter (panellist).

It was really practical.

- Something that I took away is that 1 in 4 people will have mental health concerns
- I learned about putting irrational fears into perspective



STUDENT TAKEAWAY'S

- You can't fear the unknown
- It's always the fear of failure
- Today was a really great way to take a break from school and learn more about how I can help myself and others with mental health problems
- Main takeaway: Identifying if or when I need help, and how best I can seek mental health support (school support services, other authorities such as parents, psychologists or GPS)
- How to help a friend with mental health issues
- The importance of mental health
- It's okay to get help
- You're not alone
- Not to stress about the 'what ifs'
- Thoughts are not facts
- Focus on facts instead of overthinking
- You can't fear the unknown
- If you lose your smile it's okay. Because life goes on
- Don't be afraid to seek help
- Learning about how to better oneself,

I liked the gratitude stuff and allowing people to ask about the things they wanted to know

