

Youth Aware of Mental Health

The Department of Education is working with the Black Dog Institute to run a school-based peer support and mental health literacy program called Youth Aware of Mental Health (YAM).

What is YAM?

YAM is a program aimed at addressing the mental health needs of young people.

YAM involves discussion and role play. It aims to get young people involved and talking about mental health. By doing this young people will learn problem solving skills and gain knowledge about mental health.

This is a free program for all Year 9 students. The Department of Education has funded all costs associated with the YAM program.

Who is it for?

All Year 9 students

What is in the program?

There are 6 themes addressed in the program

- What is mental health?
- Self-help advice
- Stress and crisis
- Depression and suicidal thoughts
- Helping a friend in need?
- Who can I ask for advice?

How will YAM run in our school?

YAM will run over 3 weeks and is delivered in the classroom setting (up to 30 students) by accredited trainers external to the school.

| Week 1 | Week 2 | Week 3 |
|-----------------|-------------|-----------------|
| Opening session | Role play 2 | Closing session |
| + | + | |
| Role play 1 | Role play 3 | |

Students will be given a booklet to keep. It will include a guide of local health resources as well as a list of different organisations who work with youth in the local community.

Who can I contact to discuss YAM?

The contact for YAM in our school is Ruth Brown

When will YAM be delivered in our school?

YAM will be delivered in Weeks 8,9 and 10 in Term 3

Where can I find more information about YAM?

<http://www.y-a-m.org/>