



YOUTH MENTAL HEALTH FORUM

2022

**Youth Mental Health Forum
Post Event Report**

Wagga Wagga, Murrumbidgee Region

Details

Author:	Cam McPhedran, Community Engagement and Awareness Officer - headspace Wagga Wagga
Name:	2022 Youth Mental Health Forum
Date:	Tuesday the 7 th of June 2022
Location:	Wagga Wagga Christian College, Wagga Wagga
Attendees:	19 high schools, 165 students
Facilitators:	Burn Bright (https://www.burnbright.org.au/)
Guest Speaker:	Winona Gray Levett (headspace Youth National Reference Group)
Q&A Panel:	Dr Nick Kowalenko (Child and Adolescent Psychiatrist, Murrumbidgee Local Health District), Aaron Johnston (Psychologist, Department of Education), Winona Gray Levett (Lived Experience Speaker and headspace Youth National Reference Group), Matthew McComber (Accredited Mental Health Social Worker, headspace Wagga Wagga).
Financial Sponsors:	Commonwealth Bank- CommBank Staff Foundation 2021 Community Grant; Mission Australia.

2022 Steering Committee Members

- headspace Wagga Wagga
- NSW Department of Education
- Catholic Education, Diocese of Wagga Wagga
- School-Link – NSW Health
- Mission Australia
- City of Wagga Wagga (local council)
- Karralika

Overview

Student engagement with education is increasingly challenging. Part of the picture relates to mental health concerns, a significant barrier for young people meaningfully engaging in education.¹ Additional complexities have emerged in supporting student involvement and wellbeing in schools due to the COVID-19 pandemic. Indeed, the headspace National Youth Mental Health Forum Survey 2020 found that with 34% of Australian young people reporting high or very high levels of distress in June 2020, having risen from 32% in 2018.² Part of this has been attributed to the impact of remote learning on social connection and engagement.

Since 2012, the path to engaged and mental health literate young people has been addressed in the Riverina by a steering committee of education providers, mental health professionals and a variety of community and youth service representatives. This group has implemented the Youth Mental Health Forum (YMHF). In 2022, the tenth edition of the Wagga Wagga event was held. The Committee aimed to continue the strong impact of previous editions and benefitted from a CommBank Staff Foundation 2021 Community Grant to deliver its objectives in supporting mental health literacy across the wider Murrumbidgee region.

The YMHF provides young people with access to accurate mental health information, including local mental health services, how and when to access these services, and ways to help someone in need. The YMHF also assists teaching staff and service providers to improve referral pathways for young people to mental health services by providing an opportunity for education and service providers to collaborate. The event's whole of community approach relies on the ongoing commitment from steering committee members, education providers and students themselves to bring about positive change over time whilst recognising that schools are an appropriate venue to encourage positive interventions.

Aims

The overall aim of the forum is to empower young people to address mental health problems being faced by the individual, peers, family or broader community networks. Over time, these forums will contribute to a positive change in reducing the stigma associated with mental health issues and improve the overall wellbeing of young people in schools. This will be achieved by enabling young people to personally engage with the mental health and youth services available in their local area, and access information and resources related to mental health. The YMHF also aims to build capacity within the school environment to effectively bring about change regarding mental health and wellbeing. During the forum, students are tasked with developing a 'Take it Back' Project to implement in their school in the hope that the information gained at the forum will be shared throughout the school community. The forum engages students in a fun, relevant and interactive way, supplying skills for young people to return to their respective school community and start developing school-based projects targeting mental health issues.

Objectives

In 2013, the YMHF Steering Committee outlined several key objectives for the YMHF. These key objectives continue to play an integral part in the development and implementation of the forum.

Student Objectives

- To participate in an engaging, interactive and safe learning environment to discuss and explore mental health and wellbeing issues
- To increase students' understanding of common mental health issues

¹ Youth Mental Health Report, Youth Survey 2012-2016, compiled collaboratively by Mission Australia and Black Dog Institute. For access (<https://www.missionaustralia.com.au/publications/research/young-people>)

² Insights: Youth Mental Health and Wellbeing Over Time: headspace National Youth Mental Health Survey 2020. For access (<https://headspace.org.au/assets/Uploads/Insights-youth-mental-health-and-wellbeing-over-time-headspace-National-Youth-Mental-Health-Survey-2020.pdf>)

- To increase students' knowledge of where and how to access help regarding mental health and wellbeing issues
- To explore and develop strategies to support students' own mental health
- To empower and build capacity of students to support friends and family who may have, or may develop a mental health issue in the future
- To explore opportunities that exist within school and community environments to overcome barriers to mental health issues
- To access accurate information and resources about mental health and wellbeing issues
- To engage with the mental health and youth services available in the local area
- To identify, develop and implement a 'Take it Back' project in their school community

Steering Committee Objectives

- To coordinate the implementation of the YMHF annually utilising a partnership framework consisting of stake holders from education, health, government and community
- To ensure accurate and up-to-date information about mental health and wellbeing is provided to students
- To identify areas of need directly from young people's experiences regarding mental health and wellbeing
- To establish an evaluation framework to continually improve and strengthen the sustainability of the YMHF

In 2022, the Steering committee sought to build upon the strengths of existing Forums with additional targeted objectives:

- Enhance the relevance of the model to schools of all educational profiles by inviting schools with different priorities to attend the Forum. This included inviting schools where students have experiences relating to family violence, autism spectrum disorders and learning disabilities.
- Encouraging schools to include school boys. This was identified as a priority for two reasons: the increasing levels of high or very high psychological distress among 15-17 year old school boys from 2018 to 2020,³ and the large majority of student attendees at the Forum in recent years being girls.
- Stimulate discussion of mental health literacy in the Riverina by pursuing media coverage of the event and related conversations about how to support youth and community mental health.

³ Insights: Youth Mental Health and Wellbeing Over Time: headspace National Youth Mental Health Survey 2020. For access (<https://headspace.org.au/assets/Uploads/Insights-youth-mental-health-and-wellbeing-over-time-headspace-National-Youth-Mental-Health-Survey-2020.pdf>)

The Forum

The 2022 YMHF was held on Tuesday 7th June at the Wagga Wagga Christian College. 19 regional high schools, 165 students and 30 teaching staff attended the forum, along with support from several Steering Committee members including headspace Wagga Wagga, Murrumbidgee Local Health District, NSW Department of Education, City of Wagga Wagga, Catholic Education and Karralika.

Students were provided with information from the Steering Committee prior to the forum to prepare them for the day, distributed through their schools. Staff members in the high schools were also contacted with information before and after the forum.



*Pictures from top to bottom:
participants listening to a
facilitator, guest speaker
Winona Gray Levett
addressing the group,
students meeting participants
from other schools in “getting
to know you activities.”*

Aunty Gail Manderson commenced the 2022 YMHF with a ‘Welcome to Country’ prior to the facilitators, Burn Bright beginning the program.

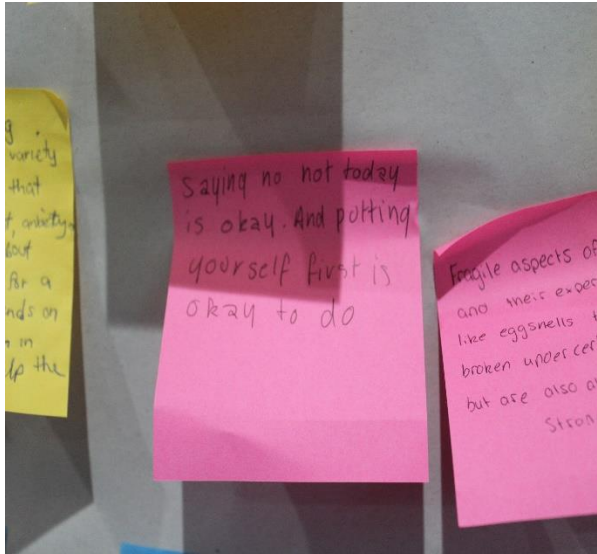
Burn Bright developed the program in collaboration with the Steering Committee, regularly meeting in the months leading up to the forum (Run Sheet – Appendix A)

The program focused on three parts:

1) **Stigma and supporting each other**

During this part, students were presented information on the importance of early intervention, help seeking behaviours, empowerment, and mental health, and participated in interactive energisers.





Pictures from left to right: Student post it notes, stuck on the “Post-It-Note” Wall; the Q&A Panel speakers stand up after the session wraps up.

2) Answer our questions – where can we seek help?

Students were given the opportunity to ask any questions they had relating to mental health from a panel of health professionals and community representatives. The Q&A Panel members included Dr Nick Kowalenko, Aaron Johnston, Winona Gray Levett and Matthew McComber.

Students were also encouraged to share what they had learnt so far at the forum by putting a post-it note message on the Post-It Note Wall. Students wrote statements such as “It’s okay not to be okay”, “always seek help” and “speak up”. Full list of statements can be found in Appendix B



Pictures from left to right: Students listening the forum content, just some of the many more post it notes attached to the “Post-It-Note” Wall.

3) 'Take it Back' – you can make a difference

During lunch, teachers were briefed on the session and given resources to assist in the facilitation of discussion. All schools were enthusiastically represented by students who developed excellent proposals for mental health awareness initiatives. This included causes such as “Silly Sock Friday” to fundraise to paint a tree blue at **Temora High School**, to a student positivity box at **Wagga Wagga High School**, where students could pitch uplifting ideas and activities to be shared with the rest of the school community, to a “chill and chat space” for students to share their thoughts about wellbeing topics at **The Riverina Anglican College**.



Pictures from left to right, top to bottom: Students and staff from Billabong High School brainstorming their “Take it Back Project, students from Marian Catholic College pitch their concept to the audience, “Thankful Tuesdays” is pitched as another innovative “Take it Back” Project.

The 2022 YMHF Steering Committee was committed to following up with the schools who attended to assist with the ‘Take it Back’ projects if required. Below is one example of a successful project in further detail.

The Indie School Wagga Wagga

Fundraisers and activities to raise awareness for mental health

The Indie School attended the Youth Mental Health Forum for the first time in 2022. For their “Take it Back” project, students combined with the Bidgee School. Students encouraged their schools to raise awareness for mental health, including through fundraiser events. As part of the school’s awareness raising campaigns, we visited the Indie School in September to mark R U OK Day.

On that day, we were told by Senior Campus students of school wellbeing activities dedicated to student wellbeing and development that have been adopted across both the Senior (Years 11 and 12) and Junior (Years 9 and 10) campuses.

“We pick one of three values and out of one of those three, we pick one of the twelve focus areas, like respecting the community and we pick apart what we want to focus on in that main area. Sometimes it’s cleaning up after yourself, sometimes it is being nice to each other. This starts us of each day well... it helps build the community, especially when that is our focus area.

In the morning, the slide will pop up and one of our three values will be circled. The teachers will talk about why that value has been chosen, and after that it is our responsibility to display that value throughout the day and that is how it goes down. It is started by the teacher, after which it is the students’ responsibility and students will flag when we are doing well and not so well.

I think it works pretty well, I think it gives students the opportunity to build up positive actions. We also do a positivity primer before that. We start off in a positive way and then we use that to push along our activity for the day, because if you start off badly it’s not going to end well. That’s done by Years 9 and 10 as well, literally the entire school.”

Forum Evaluation

One of the key Steering Committee objectives is to establish an evaluation framework to continually improve and strengthen the sustainability of the YMHF. The Evaluation process was developed in 2017 to include a pre-forum questionnaire, post-forum questionnaire and voluntary 4-month-post forum online survey for the students, along with two questionnaires for staff (on-the-day and 4-month-post forum online survey). 4-month post forum surveys for both students and staff were not pursued in 2021 due to low completion rates, and again were not included as part of the 2022 Forum evaluation.

A summary of the forum evaluation is outlined below. This summary includes demographic information, pre-forum questionnaire highlights, post-forum questionnaire highlights, pre/post forum comparison and staff feedback highlights. This feedback was collated by Steering Committee representative Cam McPhedran (Community Engagement Officer – headspace Wagga Wagga). Complete copies of evaluation data and all appendices are available on request (contact details on final page of document).

Student Feedback Evaluation

Demographic Information

Gender

Gender	Percentage of attendees
Male	26%
Female	68%
Gender neutral or unanswered	6%

Year Group

Year	Percentage of attendees
Year 7	0%
Year 8	0%
Year 9	2%
Year 10	48%
Year 11	37%
Year 12	11%
Unanswered	1%

Attending High Schools

- Marian Catholic College
- Junee High School
- Temora High School
- Wagga Wagga Christian College
- Mount Austin High School
- Murray High School
- Narrandera High School
- The Riverina Anglican College
- The Indie School, Wagga Wagga
- Koorringal High School
- Murrumbidgee Regional High School
- Mater Dei Catholic College
- Wagga Wagga High School
- The Bidgee School
- Yanco Agricultural High School
- Trinity Anglican College Albury
- Kildare Catholic College
- Billabong High School
- Gundagai High School

Pre-Forum Questionnaire

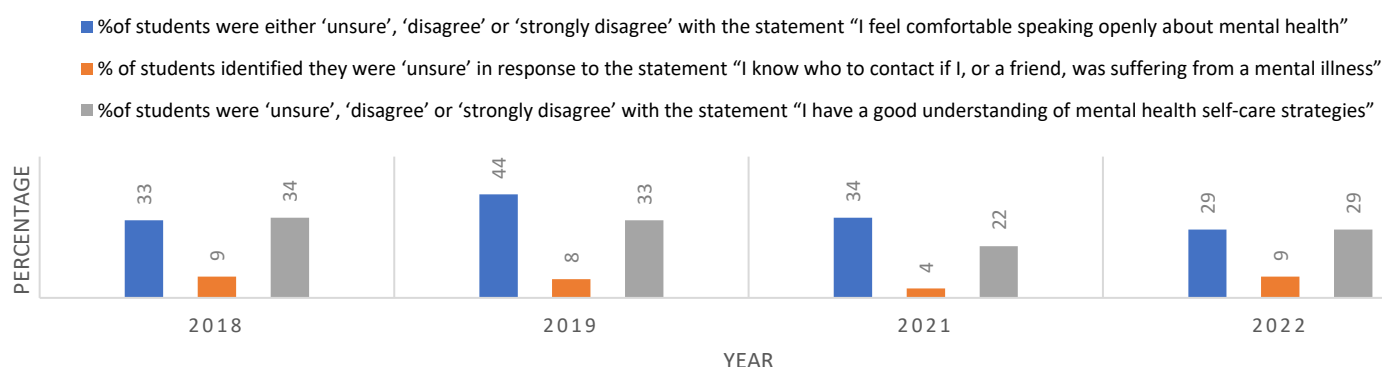
Each student was given the opportunity to complete a pre-event questionnaire and bring it along on the day. The pre-forum and post-forum questionnaire asked students to rate their agreeance with a variety of statements on a 5-point scale from 'strongly disagree' to 'strongly agree'. The similar scale ratings allow for the comparison of pre and post data to reveal significant differences. A similar format was used for the Staff/Organiser questionnaire.

Of the 124 pre-event surveys completed:

- **38%** of students were either 'unsure', 'disagree' or 'strongly disagree' with the statement *"I feel comfortable speaking openly about mental health"*
- **9%** of students identified they were 'unsure' in response to the statement *"I know who to contact if I, or a friend, was suffering from a mental illness"*
- **29%** of students were 'unsure', 'disagree' or 'strongly disagree' with the statement *"I have a good understanding of mental health self-care strategies"*

These same questions have been asked at the YMHF pre-evaluation process for past 4 forums. Below is a table showing the percentages of the above questions over the past four forums.

PERCENTAGE OF PRE-FORUM SURVEY RESPONSES OVER 4 CONSECUTIVE YMHF



Post-Forum Questionnaire

Prior to departing, each student was asked to complete a post-forum questionnaire to gauge their experience of the forum (Appendix D).

Of the 86 post-event surveys completed:

- **74%** of students were either 'agreed' or 'strongly agreed' with the statement *"I feel comfortable speaking openly about mental health"*
- **97%** of students were either 'agreed' or 'strongly agreed' with the statement *"I know who to contact if I, or a friend, was suffering from a mental illness"*
- **92%** of students identified they were 'agreed or strongly agreed' with the statement *"I have a good understanding of mental health self-care strategies"*. Only 1% of students 'disagreed or 'strongly disagreed' with the same statement.
- **91%** of students either 'strongly agree' or 'agree' with the statement *"the Youth Mental Health Forum met my hopes and expectations"*
- **94%** of students either 'strongly agree' or 'agree' with the statement *"The annual running of the Youth Mental Health Forum is important for my school"*
- **92%** of students either 'agree' or 'strongly agree' with the statement *"I would recommend the forum to my peers"*

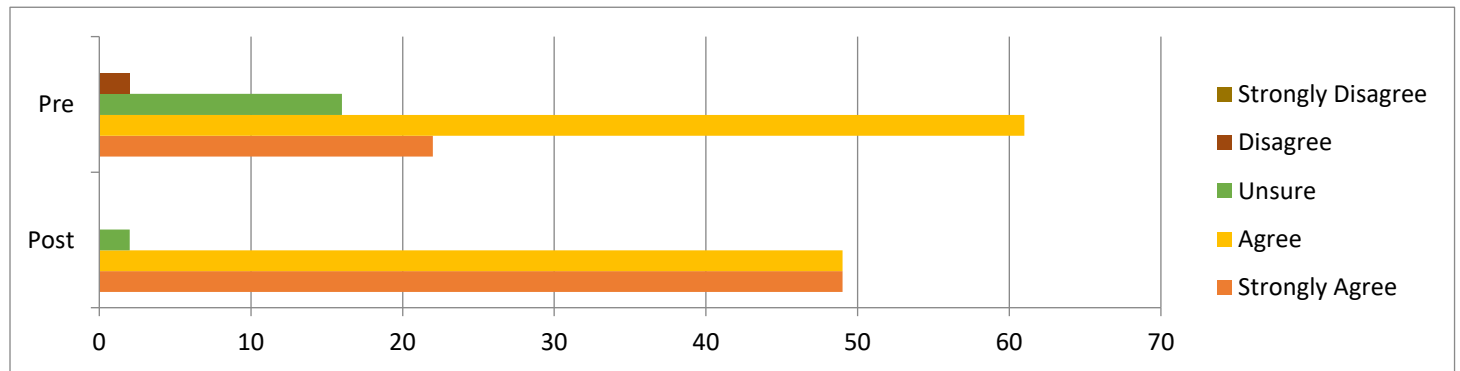
The students were asked the open-ended question “*What was the main message that you learned from today’s forum?*” See a list below some of response that were repeated the most.

- Everyone has mental health, it is a spectrum.
- Balancing your own mental health and recognising your own needs is important.
- Stigma needs to be broken.
- Walking on eggshells is a challenge but eggs aren’t always fragile!
- Reach out if you need help.
- There are always people to contact if you are struggling.
- Don’t be afraid to open up and express your feelings.
- It’s okay to not be ok.
- Communication is key in supporting good mental health.
- Listen up, because we don’t always know everything.

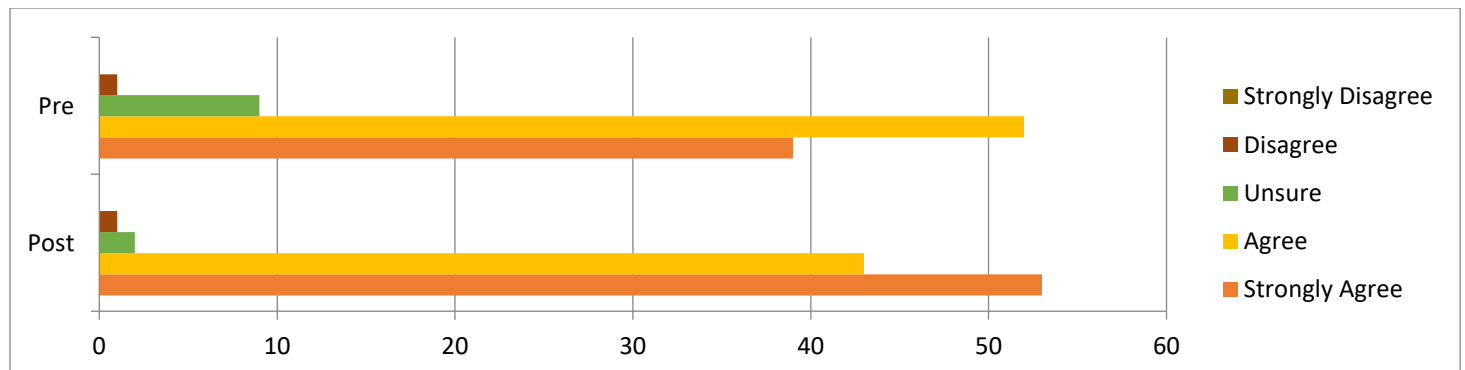
Pre and Post Comparison (%)

The pre-forum and post-forum comparison visually demonstrate the significant differences between student’s pre-forum and post-forum questionnaire responses. This comparison is provided as an additional evaluation to the information above to further demonstrate the positive evaluation of the YMHF.

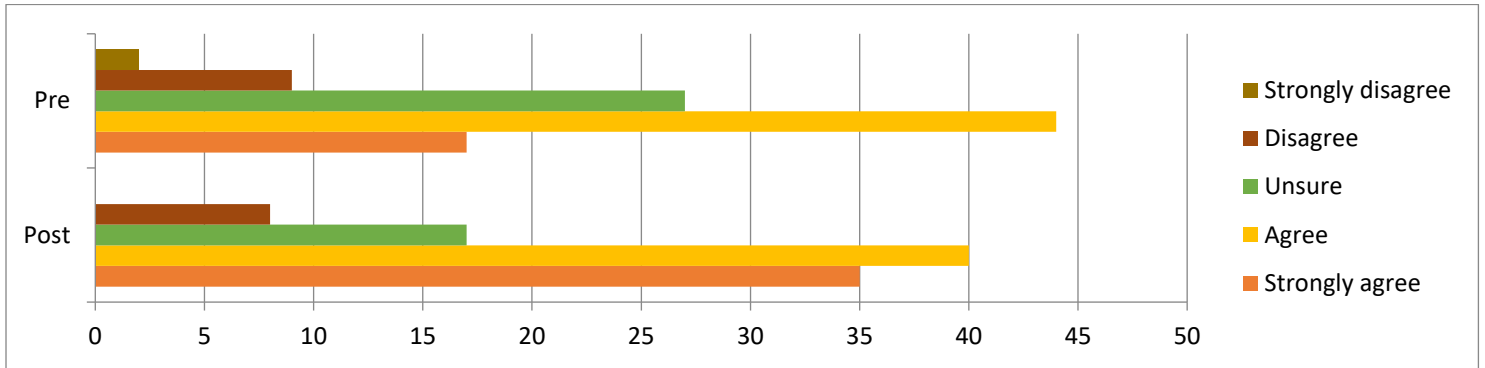
The figure below illustrates the pre and post comparison for the statement “*overall, my knowledge around the topic of mental health is good*”



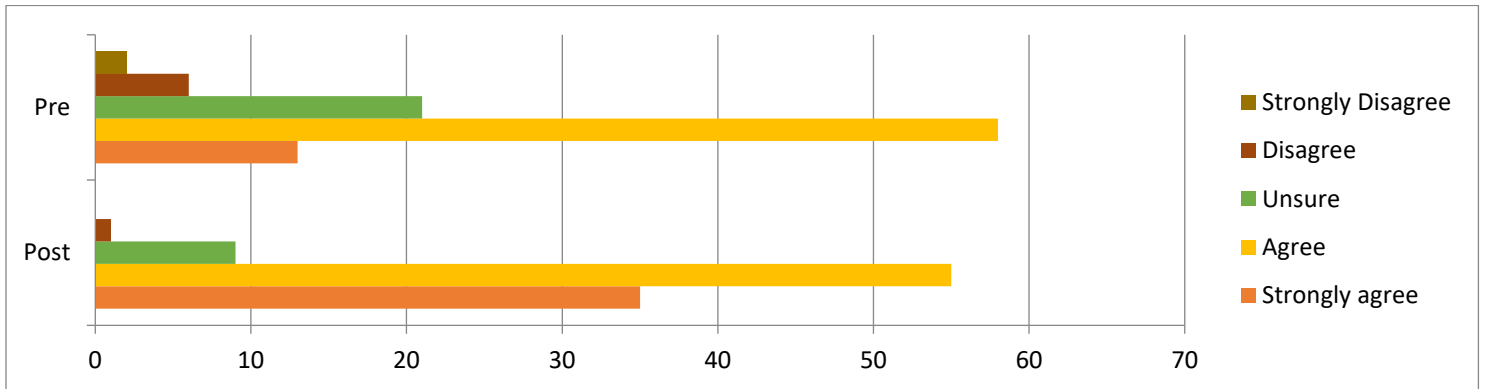
The figure below illustrates the pre and post comparison for the statement “*I know who to contact if I, or a friend, was suffering from a mental illness*”



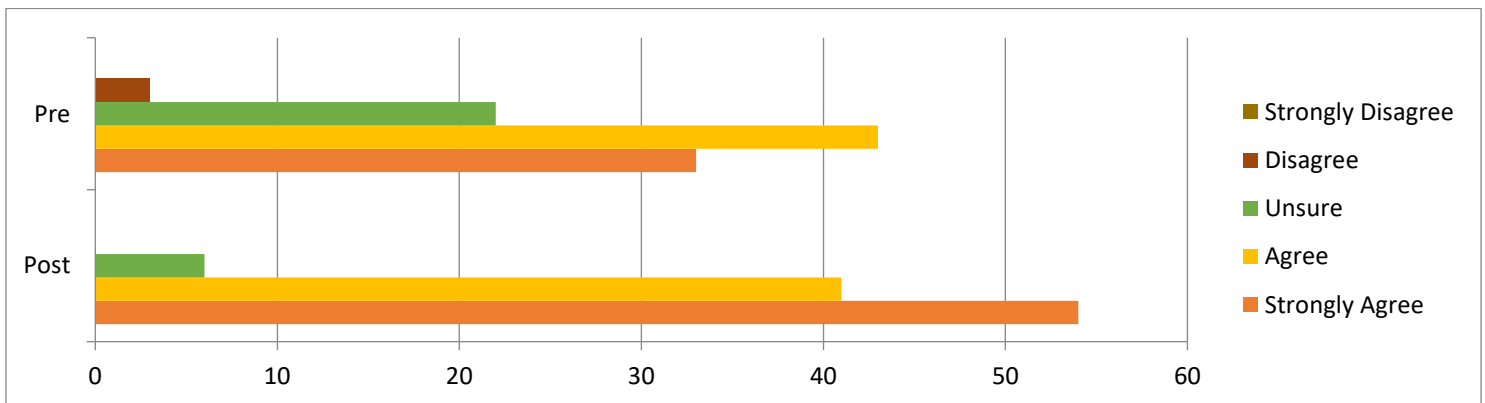
The figure below illustrates the pre and post comparison for the statement *“I feel comfortable speaking openly about mental health”*



The figure below illustrates the pre and post comparison for the statement *“I have a good understanding of mental health self-care strategies”*

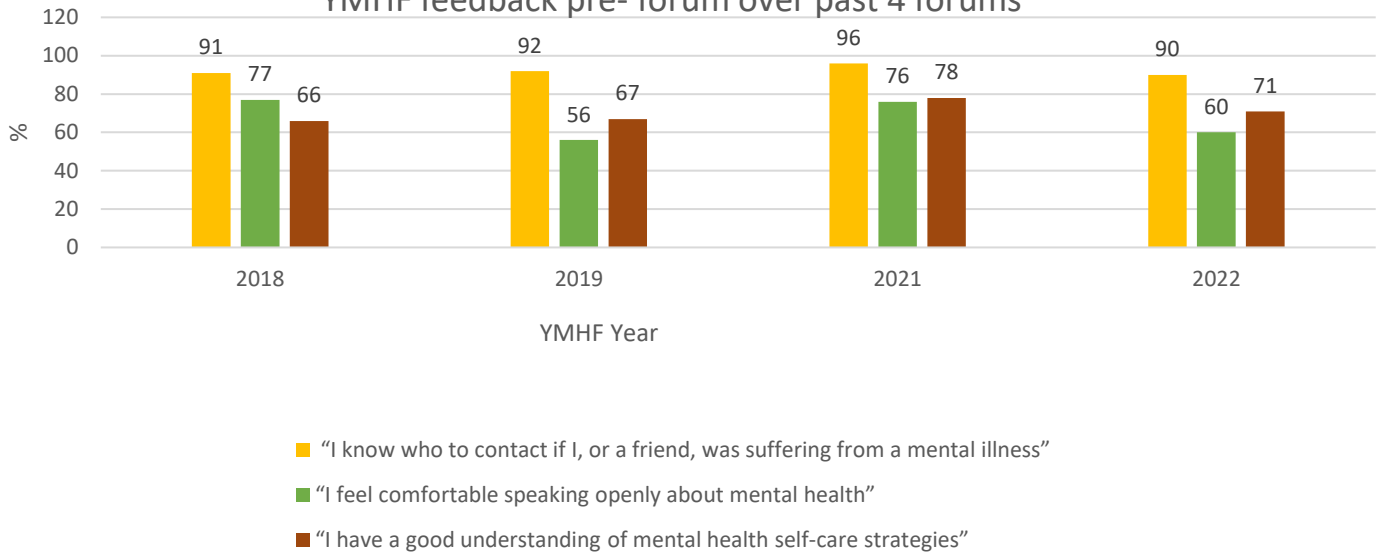


The figure below illustrates the pre and post comparison for the statement *“the annual running of the YMHF is important for my school”*

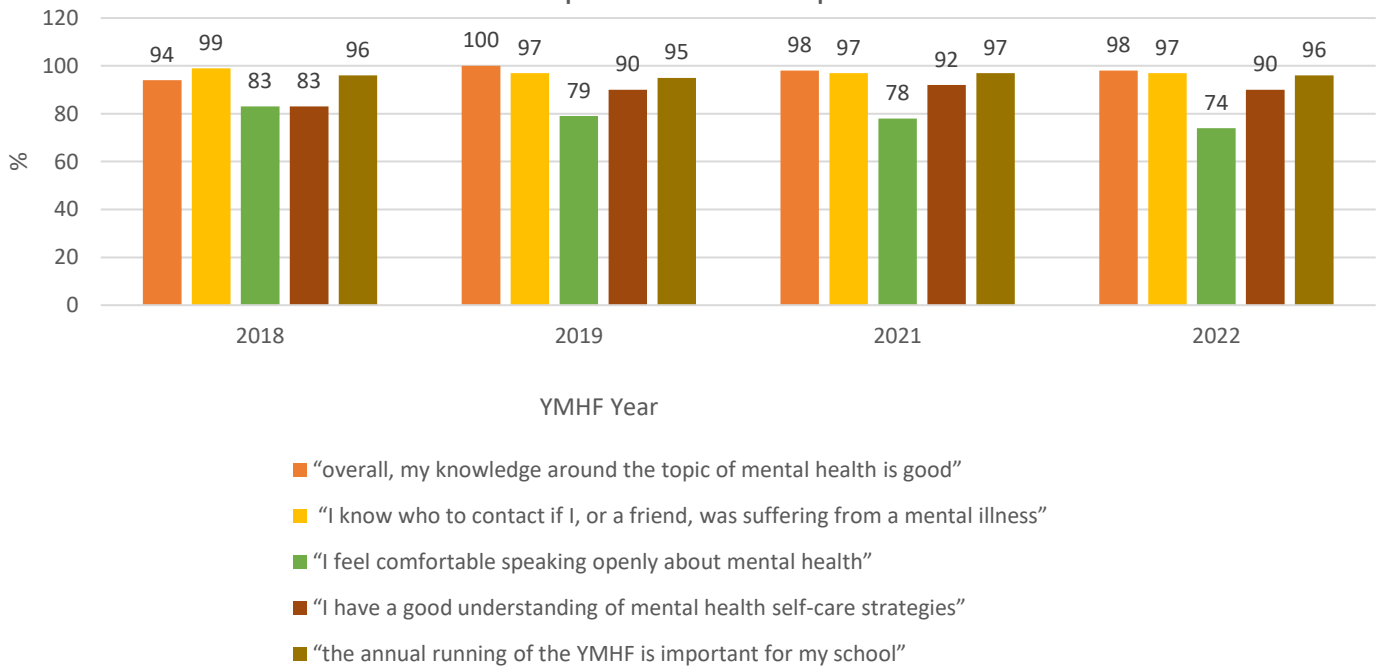


The positive impact of the YMHF is clearly illustrated in the comparison graphs above. There is a noticeable increase in mental health literacy, awareness of service provision, acceptance of mental health and understanding of coping strategies. Below is a comparison of the feedback over the past four YMHFs with students either agreeing or strongly agreeing to the statements listed in the graph below. On the basis of the pre-forum data, there has been an increase in students' self-care repertoire in both 2021 and 2022, compared to those years prior to the COVID-19 pandemic. Public discussions about mental health and self-care are being engaged with, and generated by, young people. Across the board students both have enhanced their knowledge of mental health strategies and remained strong supporters of their schools attending. This is shown in the high levels of mental health literacy in the post-forum data on the next page.

YMHF feedback pre- forum over past 4 forums



YMHF feedback post forum over past 4 forums



Student and young people feedback:

ABC Riverina attended the Forum to speak to organisers, the guest speaker Winona Gray-Levett and participants. They interviewed students from Temora, Wagga Wagga and Gundagai High Schools.

Gundagai High School students explained their concept of a mural of a tree to be depicted at their school as a visual reminder that they are never alone. They also described the Forum's important take outs:

“As you go through things you are always not alone, you can always talk to someone.”

“[Events like the YMHF are] pretty important. Like you said, it's a small community and everyone knows everyone, and everyone cares about everyone in a certain way and wants the best for them. Having this is a way to show that if they are struggling, they can get help, and if they know someone that's struggling they can turn them onto it.”

Lived experience guest speaker **Winona Gray-Levett** imparted her perspective and story for the students, emphasising that “my story matters” but also that the students should understand that “their story also matters and is so valid.” She reflected about how things have changed in terms of discussing mental health, and shared how she could identify with both the challenges and opportunities of growing up in a small town.

“I didn't think I fit the small town environment... now looking back growing up in a small town both built me and almost broke me.”

“There has been such a significant change just in the last few years even, surrounding the stigma and conversations that we have about mental health and being able to open up about that. It is something that I find really important, especially within those small rural towns, having those conversations and being able to speak at things like this, to explain that I may have mental ill-health but I'm not the big, scary picture that has been painted previously that people attach to the stigma.”

Youth Reference Group (YRG) feedback:

headspace Wagga Wagga YRG member **Mailey** described her experiences of being involved in the Forum:

“I attended the 2017 youth mental health forum, and I found it to be an invaluable experience. The youth mental health forum enriched me and my peers with mental health know how to identify behaviours and feelings that went beyond that of normal high school stress, and the knowledge of where to go when faced with it. It held the space for my peers to be open and real about the fact that most of us had the same struggle as well.

It felt great to come back with the youth reference group as a volunteer and facilitate that. I know that many of this year's participants had the same feeling also. I recall specifically one young girl coming up to our speaker and talking to her about how what she had said had resonated with her. I could also hear discussions between classmates, the same as I had had when I was a participant. There were some very touching moments, and all in all it renewed in me the belief in the importance of this event.”

School Staff/Organiser Feedback Evaluation

School staff and event organisers were asked to complete a short questionnaire at the conclusion of the forum. Unfortunately, due to staff obligations to quickly assist their students returning to schools, there was a low completion rate for this survey notwithstanding subsequent follow-up. For this reason we have not included the school staff/ organiser data in this year's report.

In 2023, the Steering Committee will request for the staff/ organiser survey be made available to staff during the lunch break to allow for it to be completed when more time is available to staff.

Where to from here?

The YMHF approach is one strategy implemented in the Murrumbidgee region to address the barriers posed by mental health problems for young people engaging in meaningful education. The forum has the overall aim of empowering young people to address mental health concerns, building capacity within the school environment to effectively bring about change and increasing knowledge of local support services. From the forum evaluation outlined above, the outcome is clear – young people within the education sector are increasing their knowledge around mental health and breaking down the barrier to engaging in education from within their school community.

The takeaway message from the 2022 YMHF related to positive help seeking behaviours and the statement “speak up” and “talk to someone” about mental health. From the YMHF Steering Committee point of view, these are key mental health messages which we proudly provide a platform for delivery. We are pleased to note the positive student takeaways in terms of willingness to access mental health services almost across the board among attendees. We are also satisfied to have been able to gain media coverage for the event to raise the profile of mental health programs in the Riverina and attracting the attendance of some schools for the first time in 2022, other event goals outlined for 2022. On the other hand, the comparatively low levels of school boys attending the Forum as opposed to school girls is an entrenched dynamic that has been evident for a number of years. We were unable to noticeably change gender attendance demographics in 2022 which suggests that further targeted messaging about boys and young men and their mental health is in order, including for the 2023 Forum. Overall, we look forward to seeing what 2023 and beyond brings for Murrumbidgee students.

Contact Details

The YMHF Steering Committee comprises of education providers, mental health professionals, and a variety of community and youth services, located in the Murrumbidgee Region. The Steering Committee is committed to the ongoing sustainability of the YMHF and are continually evaluating our approach. If your organisation would like to be involved in the Steering Committee or your school would like to be invited annually, we would love to hear from you.

Furthermore, if you would like a copy of the complete forum evaluation data or document appendices, please email Cameron McPhedran of headspace Wagga Wagga.

Contact for the YMHF Steering Committee – Murrumbidgee Region

Cameron McPhedran – Community Engagement and Promotions Officer
headspace Wagga Wagga
phone: 02 6937 9000

email: myheadspace@headspacewagga.org.au

Appendix A. Program Runsheet YMHF 2022

TIME	WHO	PROGRAM
8:30am		Students arrive, register and move into venue - receive survey at rego (fill out)
SESSION 1 – Building Healthy Relationships & Supporting Each Other		
9:00am		Official Opening of the Forum - Welcome to Country Aunty Gail Manderson
		Housekeeping & other important information & finish surveys if required (5mins)
	BB	Welcome to the 2022 Youth Mental Health Forum <ul style="list-style-type: none"> Welcome to students, teachers and acknowledgement of supporters Introduce the BB Team
	BB	Setting the Scene and Framing the Day <ul style="list-style-type: none"> The Spectrum of Mental Health and Mental 'ill' Health. Know where we can seek help and how we can take action at any point. Introduce the concept of 'Flourishing'. Empower young people to make a difference. Meet new people and have some fun! BB Video 1
	BB	Energiser
	BB	Getting to Know Each Other and Start the Conversation Activity BB Video 2 – The Importance of a Support Network
		Lived Experienced Speaker: Winona Gray Levett (10 mins)
	BB	BB Brief Students on Q&A Questions and Question 'Text In' Process
10:45 am		Morning Tea (20 Minutes)
SESSION 2 – Understand Yourself to Better Understand Others		
11:05am	BB	Welcome Back
	BB	What Are You Grateful For Activity BB Video 3
	BB	Introduce the Panel
	BB	<ul style="list-style-type: none"> Dr Nick Kowalenko- Child and Adolescent Psychiatrist, Murrumbidgee Local Health District Aaron Johnston- Psychologist and School Counsellor, Department of Education Renee Dunn- Adolescent and Family Counsellor, Mission Australia Winona Gray Levett- Lived Experience Speaker, headspace Orange and National Youth Reference Group Matthew McComber- Accredited Mental Health Social Worker, headspace Wagga Wagga.
	BB	Post It Note Wall – What Is Something You Have Learnt Or Will Take Away?
12:30pm		Lunch (40 Minutes) During lunch teachers to be briefed on session 3 and collect resources for their group.
SESSION 3 – Take It Back – You Can Make A Difference		
1:10pm	BB	Welcome Back and Intro next session
		Time to Reflect Activity <ul style="list-style-type: none"> Knowing who we are and how we can make a difference.
	BB	Introduce ' Take It Back ' and explore the power we have to make a difference in our schools.
	BB	Take It Back Project Planning – (40 Minutes) <ul style="list-style-type: none"> Teachers to lead and BB team to support teachers and school groups (Smaller school groups can join forces and take combined idea back to their respective schools).
	BB	'The Pitch' - present the groups idea. (30 second pitch)
2:30pm	BB	<ul style="list-style-type: none"> Complete Feedback Form, teachers and post survey, students (5 mins) Wrap Up – Where to From Here?
2:45pm		Depart

Appendix B. Post It Note Feedback

- Egg shells aren't as fragile as they seem...

It's alright to ask for help

- 'Sometimes egg shells aren't as fragile as they seem' really stuck with me. I think that's a helpful thing to remember when I begin to overthink
- The stigma about talking
- Mental health is a spectrum
- How I can support my friends
- Mental health happens despite race, gender, religion
- Mental health is nothing to be ashamed about. Stigma is our collective foe
- Common ground is necessary for trust to form
- Eggs aren't weak
- You need to be good with yourself
- Be friendly. How to help others. Encouragement. Be yourself and take care
- Know your role
- Mental health in teens can be harder if they have overbearing parents. However its all about communication/communicated feelings
- How I can support my family
- That public schools have counsellors
- I learnt how to handle some things depending on the situation
- It's okay to get help and reach out whether you're feeling good

or bad and sticking and setting boundaries is important

- Mental health <3
- Create boundaries
- Looking after yourself is just as important as looking out for others, without this you can't help those who need help
- Don't be scared to ask for help when you have something affecting you
- That you can talk to people about your mental health
- That everyone has mental health
- Mental health is your ability to cope with challenges

- Even if you don't have all the answers, you can just be there to support that by listening Mental health is a spectrum
- There are people to talk to Just talk to people, open up
- There's a big stigma around mental health There are different stages of mental health Boundaries aren't a bad things to have Sometimes listening is enough
- That there is a spectrum of mental health
- You shouldn't stay quiet about mental health. Talk about how you're feeling, issues that you know can help and don't feel ashamed. Make a difference
- Other schools do have nice people. Also just listen (sometimes) That everyone has mental health that varies from good to bad
- Setting boundaries is very important. "eggshells aren't as fragile as people think" The definition of mental health
- I learnt what mental health is I can seek support if I want to
- That you can help yourself with mental illness
- Find your boundaries with people and don't push past them What is mental health and its significance in future life Winona's story
- It's okay to need help and seek assistance, even if you're just in need of a chat
- Everyone has mental health, but we all experience it differently
- Not all eggshells will break if you step on them. Sometimes you have to set boundaries about things Forming boundaries within friendships.
- Choose the battles you want to fight. Mental health is a spectrum
- I learnt that it's scary to feel like you're walking on eggshells around others but "eggshells aren't always so fragile" – Dr Nick
- It is not selfish to put yourself first and it doesn't make you a bad person to do so It's okay to set boundaries with people and it's okay to put yourself first
- Mental health support is not always straight forward
- Mental health is someone's ability to deal with circumstances
- Everyone has mental health, but it's how you deal with it that may affect you Mental health can be helped by the people you trust and love
- Listen!

- ◆ Learn to set boundaries & it's okay to say no Egg shells aren't as soft as they seem
- ◆ That mental health isn't necessarily always an effect of past trauma. That mental health is different for every individual
- ◆ It's okay to take a break from supporting others to take care of yourself There's always someone to help
- ◆ Put yourself first
- ◆ Balance your want to help people close to you and understanding your limits and wellbeing So far I have learnt that mental health can look different in individuals, and communication
- ◆ It is not selfish to put yourself first and it doesn't make you a bad person to do so It's okay to set boundaries with people and it's okay to put yourself first
- ◆ Mental health support is not always straight forward
- ◆ Mental health is someone's ability to deal with circumstances
- ◆ Everyone has mental health, but it's how you deal with it that may affect you Mental health can be helped by the people you trust and love
- ◆ Listen!
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- ◆ Understanding the concepts of variety of mental health, and that it isn't always about anxiety or broken body. It's about being able to stand for a fight.
- It also depends on the situation, condition in which support, and help the community
- ◆ Mental health isn't only depression and anxiety Never be afraid to speak up
- ◆ That it's okay to speak up
- ◆ I have learnt that everyone has mental health Mental health is like a spectrum
- ◆

- ♦ Saying no, not today is okay.

And putting yourself first is okay to do The stigma around mental health.

- ♦ That everyone has mental health

- ♦ You have to help yourself before you help others

Setting boundaries with friends and family can help your mental health Having mental illness, anxiety, is nothing to be ashamed of

- ♦ Eggshells are harder than they look

- ♦ That some people struggle with similar problems as you and you're not alone
It is common to have struggles from mental illness

- ♦ Set your boundaries. Make sure you're okay before trying to help others

- ♦ You don't have to walk on eggshells and you shouldn't feel guilty for taking care of yourself and putting yourself first

- ♦ I learnt what the difference is between mental health and ill health

- ♦ That no matter what anyone says we shouldn't feel bad for putting ourselves first
Everyone has different concepts of mental health

- ♦ Always put yourself before others
Setting boundaries, don't overdo it
Strategies with assisting peers
Take care of yourself first.

- ♦ Don't be afraid to open up about mental health It's okay to be different

- ♦ You have to take the initiative to help yourself That it's okay to speak up

- ♦ I learnt about what mental health is

- ♦ Today I was made aware that mental health isn't always walking on eggshells.
Time is important

- ♦ When helping a friend, we don't need to solve their issues
Strategies for helping struggling people

Everyone has mental health, and it is so important to reduce the stigma

How to set boundaries with individuals who are struggling and bringing your mental health down