



Stay ChatTY SCHOOLS PROGRAM

positive mental health - everyone, everyday!

Stay ChatTY Schools Program

The Stay ChatTY Schools Program strengthens young people's awareness of mental health and resilience, and builds their confidence to achieve positive mental health for themselves and their peers.

The Program is grounded in evidence that shows that raising awareness and promoting resilience and help-seeking in young people can lead to positive mental health outcomes.

The Program shares the key messages that it's ok not to be ok, and that mental health is everyone's business.

Program objectives

The Stay ChatTY Schools Program aims to:

- demonstrate that resilient people show their emotions, and that emotions are normal when going through a tough time
- increase student understanding of the importance of seeking help, and how to get help for themselves and their peers
- encourage students to think objectively about how they can look after their mental health in healthy ways.

"We've noticed a significant change in the students' empathy and ability to act when they see a problem. They've found the confidence to make a difference when they see someone going through a hard time."

Bayview Secondary College teacher

Program structure

One x 1.5 – 2hr session facilitated by Stay ChatTY trainers delivered to a group of up to 30 students that includes:

- engaging with a personal story of lived experience with mental illness
- sharing information on mental health, signs and symptoms of mental ill-health, and how to find help
- interactive activities that promote an understanding of resilience and confidence to act.

One x 30min – 1hr session for parents and one x 30min – 1 hr session for teachers facilitated by Stay ChatTY trainers that includes:

- engaging with a personal story of lived experience with mental illness
- sharing information on mental health, signs and symptoms of mental ill-health, how to support young people and how to access additional support.

The Stay ChatTY Schools Program is delivered as a partnership between SPEAK UP! Stay ChatTY and Relationships Australia Tasmania. It is funded and supported by the Tasmanian Government Department of Education.

Contact us

SPEAK UP! Stay ChatTY
1300 364 277
staychatty@reltas.com.au
www.staychatty.com.au



www.staychatty.com.au

Find us on:

