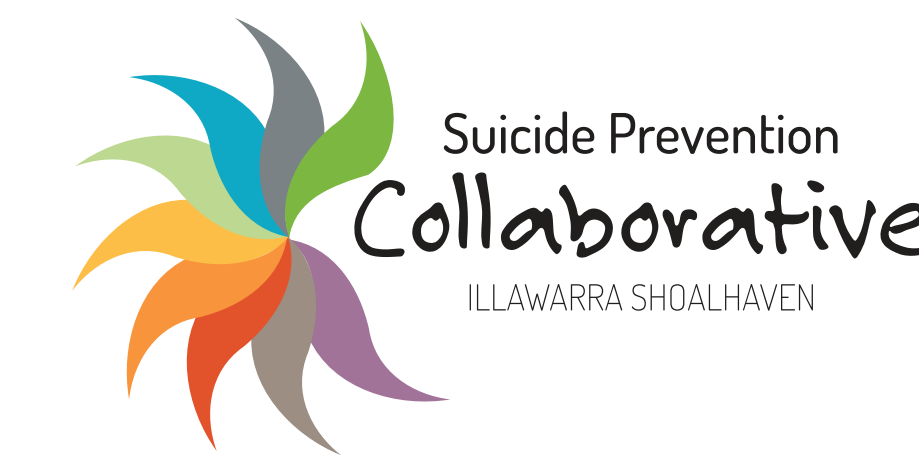


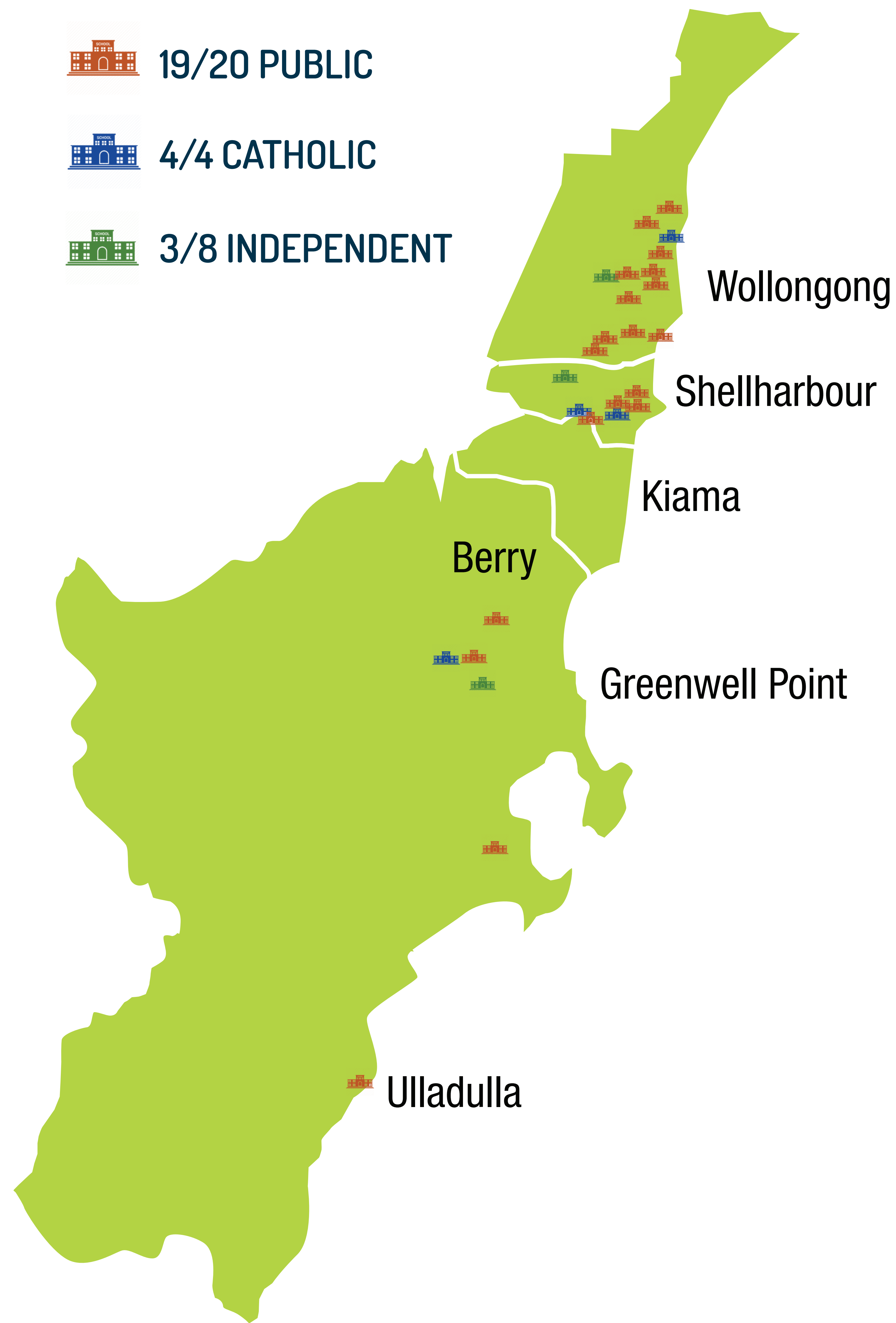
# WHAT'S BEEN HAPPENING IN SCHOOLS?

## Youth Aware of Mental Health (YAM)



### HOW MANY SCHOOLS DID YAM IN 2018?

-  19/20 PUBLIC
-  4/4 CATHOLIC
-  3/8 INDEPENDENT



### HOW MANY STUDENTS PARTICIPATED IN YAM?

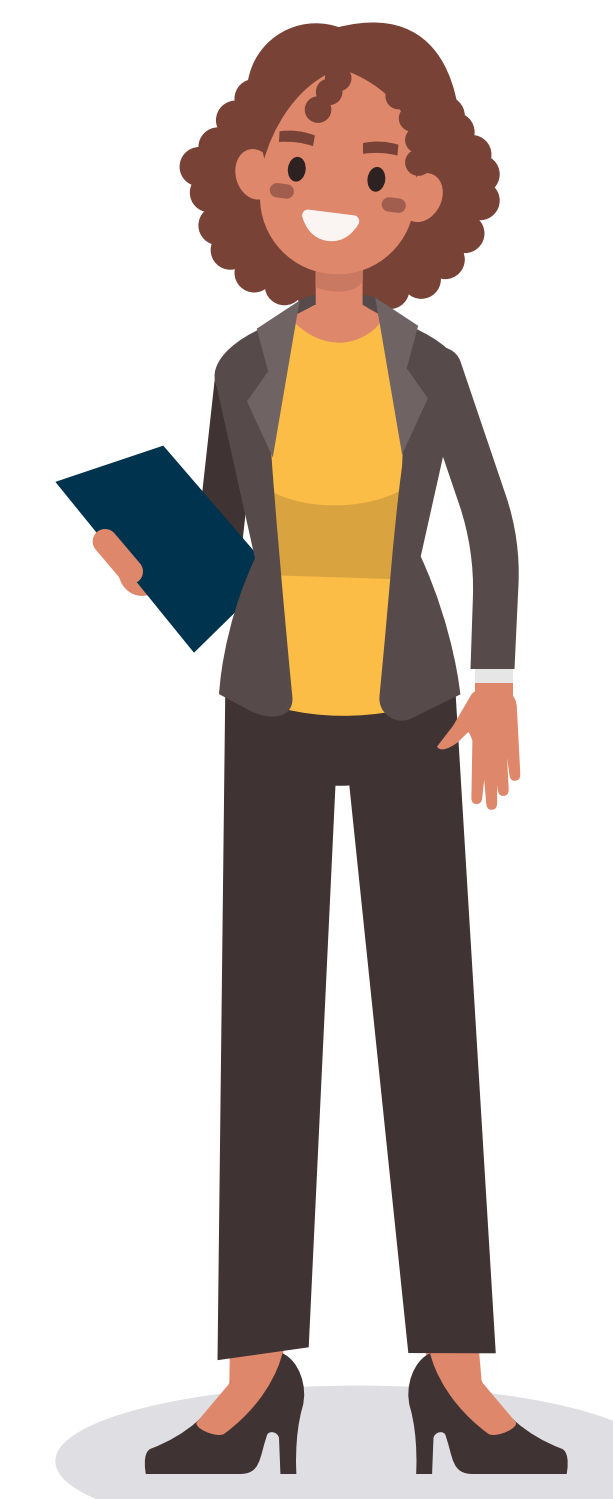
**3700+**  
**STUDENTS**



### TRAINING FOR THE WHOLE SCHOOL COMMUNITY

**455**  
QPR\* online training licenses purchased for school staff and parents from 7 schools

**95%**  
of Catholic and Public school counsellors with Advanced Training in Suicide Prevention



### WHO DELIVERED YAM?

**35**  
YAM  
Facilitators

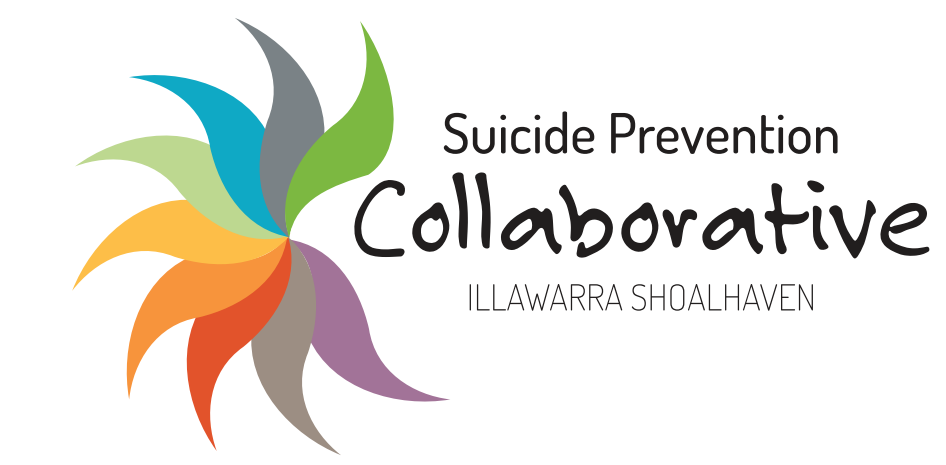


**95**  
YAM  
Helpers

\*QPR = Question Persuade Refer

# WHAT DID PEOPLE SAY?

## About Youth Aware of Mental Health (YAM)



### STUDENT



"I know we aren't meant to share personal stories but I just wanted to say after last week's role play I went home and spoke to my mum about how I felt every time I was about to leave to go visit my dad. I told her the words she said made me feel sad and I would feel stressed and upset before going and seeing him. I asked to consider my feelings and even though her and dad don't get along he is my dad and I love him. We ended up speaking for an hour, mum cried I cried and it was really good"

"For me the moment where I realised the power of the YAM program came during our second week of delivery. The students had started to role play a scene of a student getting support at school. The role play got a bit serious and during the debriefing afterwards students were able to identify where to get help within the school. The following week 4 students told me that they had gone to see one of those support staff and got help for them or a friend. For me this is YAM in action. Empowering youth to identify when support is needed and how to get it."

### YAM FACILITATOR



### SCHOOL COUNSELLOR



"I saw a Year 9 student whose best friend Betty\* cut their wrists and tried to kill themselves. The student said that because of YAM they knew what to do. They connected Betty\* with the school counsellor, who brought in the family. Betty\* was diagnosed with depression and is now receiving therapy."

\*not their real name

"If we're to reduce suicides, we need to keep doing programs like this."

### YAM HELPER

