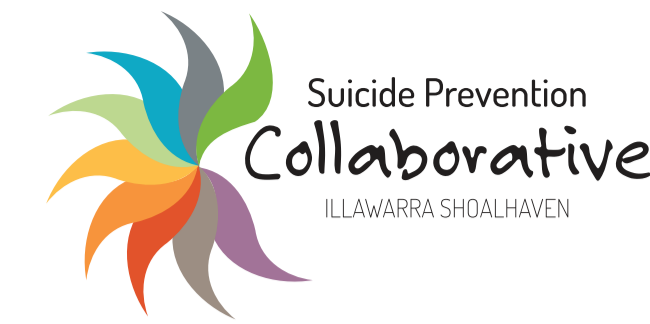


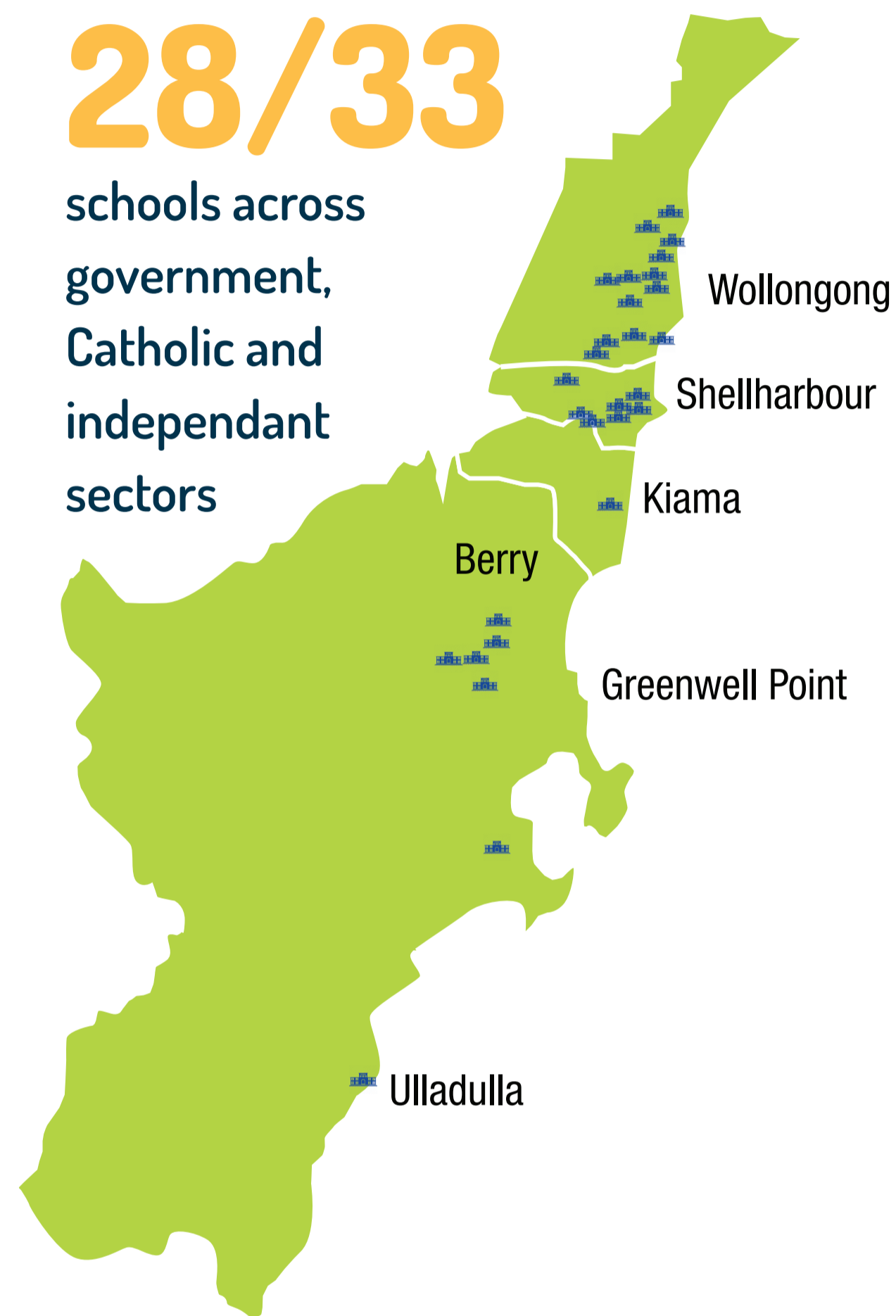
# PROMOTING HELP-SEEKING, MENTAL HEALTH & RESILIENCE IN SCHOOLS



## Who participated in YAM?

**28/33**

schools across government, Catholic and independent sectors



**5800+**

year 9 students



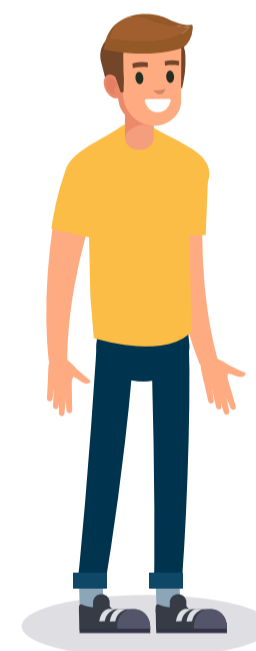
**43**

YAM Instructors



**170+**

volunteer YAM helpers



## What's been the impact of YAM?

Data from YAM evaluation, Black Dog Institute (2019).



"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 mum 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." - Student



"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." - School counsellor.

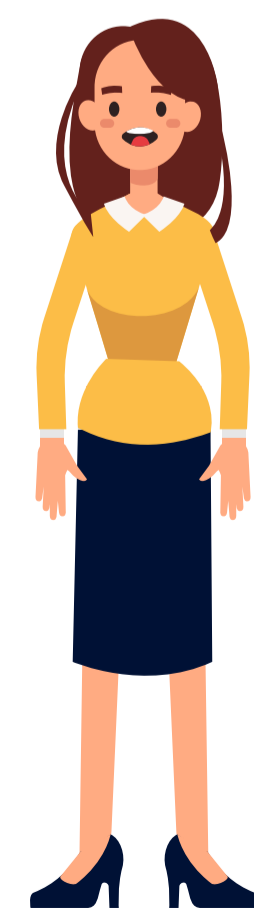
\*not their real name

## What was done to support the rollout of YAM?



**95%**

Catholic and government school counsellors completed Advanced Training in Suicide Prevention



**800+**

school staff & parents completed suicide prevention training



**3**

stories in the media promoting YAM and suicide prevention training to the general community