

Promoting Help-Seeking, Mental Health and Resilience in Schools

Country SA National Suicide Prevention Trial

Who participated in Youth Aware of Mental Health (YAM)?

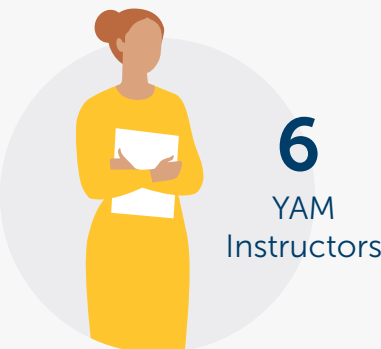


3 Schools

in Country South Australia -
Tumby Bay, Minlaton and Port Pirie



260+
year 9 & 10
Students



6
YAM
Instructors

What has been the impact of Youth Aware of Mental Health (YAM)?



Decrease
in suicidal thoughts



Decrease
in depressed mood



Increase
in intentions to seek
help if needed

Teacher Testimonial



Students developed their knowledge and understanding of mental health in a manner that wasn't confronting for them. Students learnt through the use of classroom posters, information booklets, visual presentations, role-plays and group discussions.

Students identified the difference between feelings, stress, crisis situations, depression, and suicidal thoughts. The group discussed and learnt a variety of methods to support themselves, friends and family members to help them in the future.

The program was well received by students at our school and we hope to continue the program in the years ahead.

What was done to support the rollout of Youth Aware of Mental Health (YAM)?

300+ South Australian Department of Education teachers and staff undertook Question Persuade Refer (QPR) online suicide prevention training

70+ South Australian Department of Education teachers and staff participated in SafeTalk training

20+ South Australian Department of Education teachers and staff participated in Applied Suicide Prevention Training