



LEARN HOW TO IDENTIFY MENTAL HEALTH CONCERNS EARLY IN STUDENTS

SAFEMinds: In Practice

Teachers and school staff play a crucial role in identifying mental health concerns early, assisting students to build their resilience and wellbeing.

This **free one-day** training aims to support Department of Education staff in Secondary Schools to become SAFEMinds "champions" for the SAFEMinds Online package. Participants will learn about the *NIP it in the bud!* early intervention approach, how to use the SAFEMinds Toolkit resources, including the SAFEMinds Online materials; and discuss how to incorporate SAFEMinds into their school's existing professional learning and student wellbeing policies and initiatives.

Funded by the New South Wales Department of Education, this training is available until June 2022.

**All attendees are required to be vaccinated for onsite sessions due to venue and government requirements. Participants will be notified of any requirements and changes as relevant.*

Aims of SAFEMinds: In Practice:

- Enhance early intervention mental health support for children and young people in schools; specifically mild mood disorders and self-harm;
- Increase engagement of parents and carers with schools to more effectively support their child's mental health; and
- Develop clear and effective referral pathways between schools and community youth and mental health services.

Who:

Secondary school staff employed by DOE across all New South Wales Regions.

When:

Dates, times and locations* can be [found here](#). Follow the link to register via Eventbrite. For more information: www.safeminds.org.au

Contact us:

For any enquires relating to onsite sessions or private sessions please email NSWWorkshops@headspace.org.au

This information is true and correct at time of creation and is subject to change.

headspace National Youth Mental Health Foundation is funded by the Australian Government Department of Health

