



**NOTICE**



**INQUIRE**



**PLAN**

**NIP** IT IN THE BUD!

SAFEMinds is an professional learning and resource package for schools and families that aims to:

Enhance early intervention mental health support for children and young people in schools, specifically regarding mild mood disorders and self-harm.

Increase engagement of parents and carers with schools to more effectively support their child's mental health.

Develop clear and effective referral pathways between schools and community mental health services.

SAFEMinds: In Practice equips school staff to become 'Champions' in the use of the NIP it in the bud! early intervention approach using the SAFEMinds Toolkit of resources and SAFEMinds Online materials. We also work through how to incorporate SAFEMinds into the school's existing professional learning and student wellbeing policies and initiatives.

**For more information about SAFEMinds**  
NSWworkshops@headspace.org.au  
www.safeminds.org.au  
NSW Department of Education website

## About SAFEMinds: In Practice Workshop

A one-day workshop in the understanding and implementation of the NIP it in the bud! (Notice, Inquire, Plan) early intervention approach.

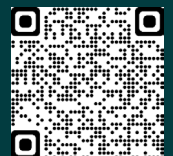
Available to NSW Department of Education staff working in primary and secondary schools to increase their foundational knowledge of mental health and emerging concerns such as anxiety, depression and self-harm.

There are no registration fees to attend training. The training is funded through a partnership with the NSW Department of Education and headspace National.

headspace Schools are facilitating this training in NSW through online and onsite training (where possible). If you are interested in planning training for your school staff or education network, please register your interest [here](#).

Please note: Participants in 'SAFEMinds: In Practice' can record 7 hours of Elective PD mapped to the following Australian Professional Standards for Teachers towards maintaining Proficient Teacher: 4.1.2, 4.4.2 & 6.2.2.

**Scan the QR Code to  
register for a webinar.**



This initiative is funded by the NSW Department of Education.



**headspace**  
National Youth Mental Health Foundation

