



Promoting help-seeking, mental health and resilience in schools

What do we know?

- Young people can be particularly vulnerable to mental health problems, self-harm or suicide. Schools are keen to support students but often don't know how to choose quality programs that have been shown to be effective in suicide prevention.
- Youth Aware of Mental Health (YAM) improves mental health literacy and teaches the skills necessary for coping with adverse life events and stress, so that young people get help before reaching a crisis.
- YAM has the strongest evidence for reducing suicide attempts and ideation, and the flexibility to be integrated into any school environment.

What is happening?

- We are partnering with the NSW Department of Education to deliver YAM to Year 9 students in public schools; and working with headspace and others to deliver YAM in participating Independent and Catholic schools.
- Providing Advanced Training in Suicide Prevention to school psychologists.
- Training teachers to Question, Persuade and Refer (QPR) students who may be at risk of suicidal thinking.

What can I do?

Parents and guardians

- Ask your school when YAM will be delivered.
- Attend information sessions and agree for young people in your care to participate in YAM and in research activities if offered, so we know how YAM is working.
- Undertake QPR training to learn how to recognise risk and connect people with care.
- Contact your Primary Health Network (PHN) if you are interested in becoming a Champion and help engage your peers in LifeSpan.

School teachers and psychologists

- Attend information sessions and encourage your school to participate.
- Undertake QPR or Advanced Training in Suicide Prevention to learn how to recognise risk and refer young people to help; encourage your colleagues to also participate.
- Contact your local PHN if you are interested in becoming a Champion and help engage your peers in LifeSpan.
- Familiarise yourself with YAM materials and offer support to students that is consistent with YAM.
- Develop and maintain clear referral pathways/networks.

Contact us: Call the LifeSpan team at (02) 9382 4530,
email us at suicideprevention@blackdog.org.au or visit our website at www.lifespan.org.au

To find out how you can support this initiative and help make a difference, please visit www.lifespan.org.au

