Talking About Mental Illness

A young person’s insights - 30 minute presentation for high school students

Delivered by a presenter with a lived experience of mental illness, this presentation aims to increase mental health literacy, reduce stigma and promote help-seeking for young people. Our youth presenters help to break down the barriers of stigma and misunderstanding surrounding mental illness by sharing their story of courage and hope. Through illustrations, facts and storytelling your students will learn what to look out for, how to have a conversation and where to go for support.

Register
Visit www.blackdoginstitute.org.au or email education@blackdog.org.au

Putting health in mind