

HAVING A CONVERSATION ABOUT MENTAL HEALTH

FUNDED BY THE MENTAL HEALTH COMMISSION

Let's Start the Conversation



School

Room

Address

Date

Time

RSVP

Youth Focus, a leading service provider in youth mental health, has developed a mental health program that is designed to 'Start the Conversation' around mental health in your school and community.

The **Understanding Mental Health** program aims to ensure mental health problems don't prevent a young person from reaching their potential.

It improves participants' understanding of:

- ★ Good mental health
- ★ How to strengthen our mental health
- ★ Common mental health problems
- ★ Where to find help and support

It also increases participants' **confidence and willingness** to seek help if they or a loved one are struggling with a mental health challenge.

We thank you for recognising that this is an adults only session.

Who is Youth Focus?

Youth Focus is a leading not-for-profit organisation that delivers innovative and accessible mental health services across Western Australia to help at-risk young people aged 12 to 25 lead full and healthy lives.

Youth Focus delivers counselling services and education programs not only to reduce symptoms associated with suicide, depression, anxiety and self-harm, but also to build long-term mental wellbeing and help young people reach their full potential.

Each year, the Youth Focus clinical team provides free, accessible counselling services to more than 2,800 young people, with each young person in the organisation's care for an average of six months.



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