

## Youth Aware of Mental Health (YAM) – fact sheet for parents and carers

The Department of Education is supporting the wellbeing of students through a school based mental health program for students aged 13 – 17 years. This program is called Youth Aware of Mental Health (YAM).

### What is YAM?

YAM is a universal mental health program in which students learn about and discuss mental health. Students are invited to role-play and discuss everyday situations that are important to them. These topics include relationships with peers and adults, facing a stressful situation, feeling sad and helping friends when concerned about them.

As a group, students talk about how people might feel in these situations and explore different ways to handle these challenging real-life situations and mental health concerns. Emphasis is placed on peer support and information is given on how and where to find professional help if needed.

### What is in the program?

The 6 themes addressed in the program are:

- **What is mental health?**
- **Self-help advice**
- **Stress and crisis**
- **Depression and suicidal thoughts**
- **Helping and friend in need**
- **Who can I ask for advice?**

### How will YAM help my child?

YAM aims to improve problem solving and increase coping skills. Even if a young person is doing well in the present moment, what they learn in YAM may be useful at a later time or for supporting a friend in need.

Research by the Black Dog Institute has shown that YAM is effective in reducing rates of depression and suicidal ideation and increasing help seeking behaviours.

## How will YAM run in our school?

YAM involves 5 sessions that are run over 3 weeks. The program is delivered to class sized groups by accredited departmental facilitators who are external to the school.

Students will be given a booklet to keep. It will include a guide of local health resources as well as a list of different organisations who work with youth in the local community.

Week	Activities
Week 1	Opening session + Roleplay 1
Week 2	Roleplay 2 + Roleplay 3
Week 3	Closing session

## When will YAM be delivered in our school?

YAM will be delivered at **Macquarie Fields High School Wednesdays August 16<sup>th</sup>, 23<sup>rd</sup>, and 30<sup>th</sup>**

## Who can I contact to discuss YAM?

The contact person for YAM in our school is **Sangeeta Hegde (Head Teacher Wellbeing) who can be contacted through the school.**

## For further information:

- Youth Aware of Mental Health [y-a-m.org](http://y-a-m.org)