



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 challenged when selecting 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 and Youth In Distress to school psychologists and counsellors.
- Training teachers to Question, Persuade and Refer (QPR) students who may be at risk of suicide.

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 Suicide Prevention Central Coast if you are interested in becoming a Champion and helping to engage your peers.

School Teachers and Psychologists

- Attend information sessions and encourage your school to participate.
- Undertake Youth in Distress, QPR, ASIST or Advanced training in Suicide Prevention to learn how to recognise risk and refer young people to help encourage your colleagues to also participate.
- Familiarise yourself with YAM and Youth in Distress materials and offer support to students that is consistent with YAM and Youth in Distress materials and offer support to students that is consistent with YAM and Youth in Distress.
- Develop and maintain clear referral pathways/networks

To find out how to make a difference, please contact us at: info@suicidepreventioncentralcoast.org.au