

# Students learn about mental health issues

Wee Waa High School students were recently able to attend a workshop on teen mental health first aid.

Run by Tamworth-based mental health worker Sarah Green, the workshop was for Year 10-12 students.

It consisted of three sessions:

The first was to discuss mental health problems in general and understanding how common and disabling these problems were in young people.

Students also learned about professionals who could help.

The second session talked about helping a friend who was in crisis. The Action Plan [Look, Ask, Listen, Help your friend] was discussed.

Details of the action plan can be found on the Mental Health First Aid website listed below.

The third session took a step back and discussed how to help if some-

one seemed to be developing a mental health problem.

Ms Green said the program was not to teach the students how to diagnose problems but offered advice on the warning signs of mental health, what to do and how to help.

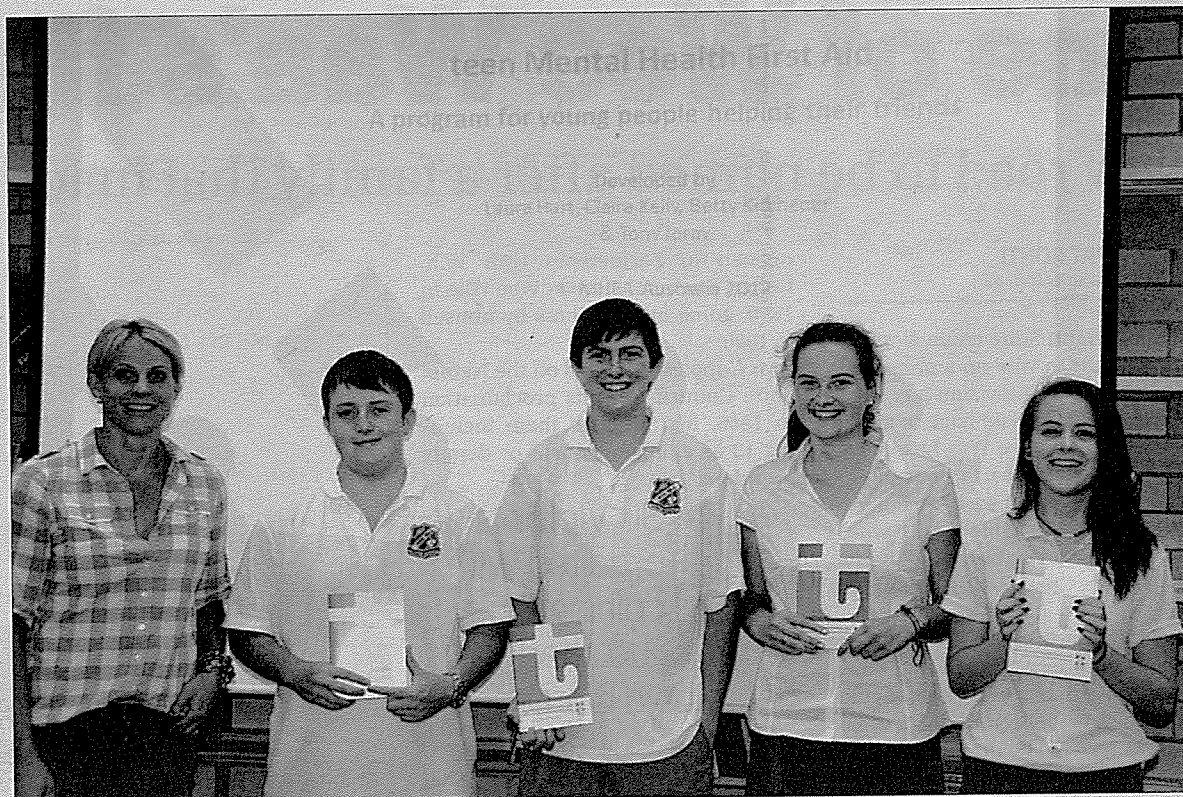
It also provided details of the services and how to get help quickly.

The workshop was an open forum, normalising the subject so more people would discuss the topic that has such personal subject matter.

Ms Green said the students become engaged in the program, even though they were quiet at first.

Year 11 student Hannah Brown said she had learned to become more aware of symptoms of mental illness and how it could affect everyday life.

Another Year 11 student Dean Platt said he learned about how to seek help if you identified symptoms in



Mental health worker Sarah Green from Tamworth with Year 11 students Tom Pattison, Dean Platt, Abby Downes and Hannah Brown.

someone you knew.

Sponsorship from Namoi Cotton made the program possible.

If you wish to learn more about mental health problems visit:

[www.youthbeyondblue.com](http://www.youthbeyondblue.com)

[www.reachout.com](http://www.reachout.com)

[www.livingisforeveryone.com.au](http://www.livingisforeveryone.com.au)

Information about tMHFA and other MHFA courses is available at

[www.mhfa.com.au](http://www.mhfa.com.au)

Immediate online help for teenagers is available at:

[www.kidshelp.com.au](http://www.kidshelp.com.au)

[www.eheadspace.org.au](http://www.eheadspace.org.au)