



HelpingMinds

HelpingMinds promotes mental wellbeing by supporting individuals, families and friends to recovery:

- We understand families are important to the person living with mental distress
- We understand every family is different
- We understand the importance of listening
- We understand the importance of connections
- We help build skills and confidence
- We empower hope in you and your family through your recovery journey

Other Services

Online Support & Counselling - Support Groups - Respite - School Holiday Programs - Advocacy - Peer Support & more

helpingminds.org.au



Like to Know More?

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Perth Metro and WA Regional Areas



HelpingMinds Classroom Wellness Programs



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Classroom Wellness Program

During primary school years, social and emotional development revolves around increasing the capacity of children to recognise and regulate their emotions.

Well-managed learning environments that are safe and nurturing are essential to students mastering social and emotional skills (SEL).

Where SEL is part of day to day classes, research shows academic benefits for students and improved outcomes for schools, including:

- Increased academic outcomes
- Greater student motivation to:
 - learn
 - commit to school
 - increase the time devoted to school work
- Improved attitudes and behaviours
- Decrease in student behaviours such as aggression and disruptive conduct, reducing emotional distress in the classroom
- Less pressure on teachers resulting in reduced staff turnover and sick leave

HelpingMinds Programs

HelpingMinds has developed two Classroom Wellness Programs.

These programs assist teachers implement practical tools and processes into their classrooms so Social and Emotional Learning (SEL) is integrated into the daily teaching program.

Both Programs:

- were developed in consultation with teachers
- are 90 minutes
- are facilitated by mental health professionals who have experience working with young people
- fit within Component 2 of the KidsMatters initiative

Program 1 - Incorporating Wellbeing into Everyday Routines

Topics include:

- The importance of social and emotional learning
- Learn key activities that can be incorporated into everyday interactions that will support children's social and emotional learning
- The 5 social and emotional competencies and how they fit within the KidsMatter framework

Program 2 - Working With Anxiety

Topics include:

- Understand what anxiety is and how it may be experienced by children in a school environment
- How can you support a child in an anxious state?
- Providing a calm and safe classroom environment
- Nurturing the development of resilience and resourcefulness

