

# High School Programs

Supporting  
the mental  
wellbeing of  
young people

City of Swan · Midwest · Gascoyne · Pilbara · Kimberley



  
helping minds  
Mental Health Services & Carer Support



## About our workshops

HelpingMinds delivers a range of workshops, facilitated by qualified counsellors, to support the mental wellbeing of young people aged 12-18 years.

We host our workshops in a nurturing and fun environment where young people can come together in a safe space to work on achieving positive mental health goals.

Each session can be tailored to the cultural needs or interests of your community.

### When and where

Workshops are typically run across five to six 1-hour weekly sessions at a time and date agreed with your school.

**Our workshops are available in the City of Swan, Midwest, Gascoyne, Pilbara and Kimberley, with our team based in Midland, Geraldton, Carnarvon, Port Hedland and Broome.**

Please note, not all workshops can be offered in the Pilbara.

**To make a booking or find out more, please call our Intake Team on (08) 9427 7100**

The programs detailed in this brochure are funded by the Australian Government Department of Social Services and the Mental Health Commission.

## Workshops

### C.R.A.F.T

Creating Resilience, Awareness, Friendship, Teamwork

A mental wellness awareness program with a choice of eight topic sessions including emotions; self-care and kindness; bullying; diversity difference and multiculturalism. Each session follows a story and discussion on the weekly topic, with a creative activity to reinforce coping strategies.



### Friendship Festival

This program encourages the development of healthy friendships and strengthens language and communication in relationships. The content can extend to discussion around healthy sexual relationships.



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## Healthy Horizons

A 6-week workshop exploring a variety of strong emotions with a particular focus on anger management. Participants will verbalise different emotions, learn healthy ways to express their emotions, identify positive coping strategies and practise positive self-talk.



## Keys2Cope

This program promotes mental wellbeing by managing emotions through positive coping strategies and building resilience.



## Koping

A psycho-educative peer support program for young people aged 12-18 years. Koping is an initiative of The Child and Youth Mental Health Services, Royal Children's Hospital and Health Service Direct, Brisbane, Queensland, and was modified from the Gaining Ground Adolescent Program (GGAP) developed by the South West Sydney Area Health Service.



## Peer Fellowship

A therapeutic and engaging program focusing on peer relationships which may be affected by a friend's mental health challenges. The program encourages positive coping skills and support networks, and offers insights into the best way to handle tricky situations in relation to a friend's mental wellbeing.

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## Protective Behaviours

Teaches a range of skills and strategies to help prevent and reduce child abuse and violence in our communities. The program supports mental wellness and health through personal safety, confidence, assertiveness, learning rights and responsibilities, and understanding and managing feelings.



## School Transitioning - Year 7

A 5-week program exploring helpful coping skills and encouraging resilience and confidence when transitioning from primary to high school.





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## Wellbeing Wonderland

A strength-based workshop promoting a positive sense of self, goal setting and strategies for overcoming obstacles to achieve goals.



## 5Beats

Inspired by simple dance and exercise, this program promotes learning and discussion around key health topics and how exercise can improve your physical and mental health and wellbeing.



## What you can expect from us

- ✓ High quality, professional service with experienced and qualified staff.
- ✓ A passion for promoting positive mental health.
- ✓ Ongoing communication about the group's participation and any relevant issues that may need to be addressed.
- ✓ Contact with parents prior to the first session to discuss their child's involvement and answer any questions.
- ✓ Follow up contact with parents at the conclusion of the program to inform of progress and provide feedback.
- ✓ The opportunity to provide future one-on-one support to individual young people who have been identified as needing extra support.

## What we will need from you

- ✓ School and community staff are responsible for identifying young people who would be suitable to attend the program and communicating with parents. If parents have queries regarding the program, please let us know.
- ✓ Schools are to ensure all relevant forms are completed in full and forwarded to HelpingMinds staff before commencing a program.
- ✓ A private room free from interruptions to ensure confidentiality for program participants. We also require desk space and a chair for each young person. All other resources such as stationery and craft materials will be provided by HelpingMinds.
- ✓ Unfortunately we are not able to accept late referrals or newcomers part way through the program, as it is our objective to ensure consistency within the group. Late referrals may be placed on a waitlist to join a program at another time.



## Get in touch

📞 (08) 9427 7100

✉️ [info@helpingminds.org.au](mailto:info@helpingminds.org.au)

🌐 [helpingminds.org.au](http://helpingminds.org.au)



## Where we are

### Head Office

182 Lord Street, Perth  
Western Australia 6000

Broome  
Carnarvon  
Cockburn  
Fremantle  
Geraldton  
Hillarys

Mandurah  
Midland  
Midvale  
Perth  
Port Hedland  
Darwin (NT)

