



headspace Schools & Communities Mental Health Education Program

Our program delivers free mental health education workshops to Grade 6 students in primary school communities across Australia.

Our student workshop aims to increase mental health literacy, reduce stigma and build the capacity of young people to understand their own wellbeing needs as they transition to secondary school.

We also offer a Parent and Carer workshop alongside our student workshop. Workshops are interactive, strength-based, evidence-informed and timed to fit into your standard lessons.

Workshops can be facilitated on-site and/or online.

For more information about our Grade 6 workshops or to book sessions, please contact us at:
MHEP@headspace.org.au

our workshops

Transitions: Primary to Secondary

- Understand how transition and change can impact mental health
- How to manage stress from change
- Build resilience and healthy coping skills
- Strengthen sense of connection and belonging

Parent and carer workshop

- Notice signs that a young person might be going through a tough time and struggling with their transition to secondary school
- Identify strategies to connect and communicate with young people
- Increase knowledge about how to support them during this transition period and where to access professional support

