



Mental Health Literacy Program

One in four adolescents will experience mental health problems this year and nearly **two thirds** of them will not seek help.

It's vital that we start educating adolescents about mental health literacy so we can combat the issue before it follows and intensifies into adulthood.

Mental health literacy is about being equipped with the knowledge, understanding and skills to promote good mental health and reduce the impact of mental illness.

Educating children on how to identify, manage and prevent mental health problems gives them the best chance at living happy and healthy lives.

Teaching mental health literacy in schools can help adolescents to:

- Develop thinking skills that helps lower the risk of mental illness
- Comprehend and manage emotions
- Develop self-compassion, gratitude and mindfulness to promote resilience
- Challenge unrealistic ideals promoted by social media
- Gain skills and confidence to independently seek early intervention assistance
- Normalise talking about mental health issues
- Create psychological flexibility

For more information and to check availability contact keshav@accept.care

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Virtual reality

As part of the program, students will be exposed to various coping mechanisms using our brand-new Virtual Reality (VR) technology. VR therapy is proven to create positive, rewarding and relaxing experiences.

VR appeals to youth willing to engage in technology and gaming and has been proven to reduce therapy stigma. VR has been used to train resilience for bullying, victimisation, anorexia, and anxiety in teens.



Our curriculum

We have developed an **evidence-based** and **interactive** curriculum to teach mental health literacy to students aged 11 to 17. It has been designed to be facilitated inside schools in small groups of 10-12 students. The curriculum consists of 10 x 1 hour weekly sessions held over the term covering 6 topics as listed below. The curriculum is intended for use by mental health practitioners who help educate students and are trained in its application to improve students' mental health literacy.

Modules covered



Normalising mental illness



Understanding psychological well-being and mental illness



Information regarding specific mental disorders



Experiences with mental illness



Seeking help and finding support



The significance of positive mental health

Learning objectives

- Recognising the stigma associated with mental illness
 - Mental health myths and realities
 - Strategies for overcoming stigma
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- Fundamental concepts of normal brain function
 - The brain's role in regulating thoughts, emotions, & behaviours
 - Mental health terminology
 - Differences between mental health and mental illness
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- Mental disorder symptoms, causes, treatments, and other supports for specific adolescent mental health conditions
 - Changes in typical brain functions due to mental disorders
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- The personal impacts of mental illnesses
 - Importance of seeking assistance and appropriate treatment
 - Significance of positive communication between parents, teachers and adolescents
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- Why assistance may be needed to help manage stressful life events and circumstances
 - Differentiate between normal and abnormal stress responses that may indicate need for additional professional support
 - Identify support systems
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- Stress response and how to utilise it to foster resilience
 - Stress reduction techniques and when to use
 - Activities designed to improve mental and physical health