

The Black Dog Institute has been collaborating with multiple school systems to run a school-based peer support and mental health literacy program called Youth Aware of Mental Health (YAM). The Wollongong Catholic Education Office is committed to delivering the YAM program to all Year 9 students across the diocese.

## What is YAM?

YAM is a program aimed at addressing the mental health needs of young people.

YAM involves discussion and role play.

It aims to get young people involved and talking about mental health. By doing this, young people will learn problem solving skills and gain knowledge about mental health.

## Who is it for?

All **Year 9** students

## What is in the program?

There are 6 themes addressed in the program

- What is mental health?
- Self-help advice
- Stress and crisis
- Depression and suicidal thoughts
- Helping a friend in need?
- Who can I ask for advice?

## How will YAM run in our school?

YAM will run over 3 weeks and is delivered in the classroom setting (up to 30 students) by accredited trainers external to the school.

| Week 1                              | Week 2      | Week 3          |
|-------------------------------------|-------------|-----------------|
| Opening session                     | Role play 2 | Closing session |
| <b>Youth Aware of Mental Health</b> |             |                 |
| Role play 1                         | Role play 3 |                 |

Students will be given a booklet to keep. It will include a guide of local health resources as well as a list of different organisations who work with youth in the local community.

## Who can I contact to discuss YAM?

Your school YAM contact Mrs Ivana Forner, (Pastoral Care Coordinator) or Catholic Education Diocese of Wollongong Contact - Cindy Williams ph: 42530881.

## When will YAM be delivered in our school?

YAM will be delivered at Magdalene Catholic College on **February 19 & 24 and March 3rd**

