

Overview of workshops

Workshops are designed for small groups of 15-30 people and run for around 45 minutes. Depending on requests, workshops can be given in a lecture style for larger groups. **Please note** that **headspace** Miranda provides education workshops that are of a general nature and have a health promotion and education focus. We deliver these workshops to promote positive mental health and well-being and encourage young people to do the same. Our Community Engagement Team are unable to provide sessions with a medical or therapeutic focus.

Topic of workshop	Target Audience and group size	Length	Overview	Learning outcomes
What is headspace	Young people years 7-12. 1-100 people	45-60 mins	This workshop is designed to provide a general overview of headspace, introduce the local headspace centre, define the differences between mental health and mental ill health, promote help seeking behaviour and information about how to help out a mate.	<ul style="list-style-type: none"> • Increased knowledge and understanding headspace and the local headspace centre • Increased understanding of the difference between mental wellness, a mental health problem and mental ill health • Tips on helping themselves and helping their mates • Increased knowledge of mental health resources and information
General Mental Health & Wellbeing and help seeking	Young people years 7-12. 1-30 people	45-60 mins	<p>The workshop is built upon the following key messages:</p> <ul style="list-style-type: none"> • Having good mental health gives you the capacity to cope with change and challenges and build resilience. • There are physical, psychological and emotional triggers that make us aware of our mental health. • Mental health issues are common and often misunderstood. • There is much support for people with a mental health issue. 	<ul style="list-style-type: none"> • Participants are able to articulate what mental health is • Participants understand some myths around mental ill health. • Participants have developed a concept of the emotions involved with managing their mental health • Participants are aware of how they can seek help and who from.

			<ul style="list-style-type: none"> Support is powerful and can make a real difference to the life of somebody around you. 	
Knowing the risks-Alcohol & Other Drugs	Young people years 7-12 1-30 people	45-60 mins	The workshop is built upon the following key messages: <ul style="list-style-type: none"> What is risk taking What are the risks associated with alcohol & other drugs and how this might affect mental and physical health Examples of what risk taking behaviour might look like and the dangers associated with it Peer pressure and how to navigate it How to reduce the risks, recognise when you might need help and where you might be able to seek it. 	<ul style="list-style-type: none"> Increased knowledge and understanding of dangerous risk taking and common behaviours associated with it. Increased knowledge and understanding of how alcohol & other drugs can increase risk taking behaviour Increased understanding of peer pressure and how to navigate it. Tips on how to reduce risks and how to recognise when you may need help.
Dealing with exam stress	Young people years 7-12 1-50 people	45-60 mins	The workshop is built upon the following key messages: <ul style="list-style-type: none"> What is stress and what are common signs and symptoms of stress Stress is normal and can be managed Everybody experiences stress in different ways Building an understanding of what stresses you and common ways you can reduce stress Tips to manage exam stress Where you can seek help when stress gets too much 	<ul style="list-style-type: none"> To be able identify sources of stress in self To gain an understanding of what stress is To be able to identify signs of stress in them selves Explore stress management techniques

A healthy self	Young people years 7-12 1-30 people	45-60 mins	The workshop is built upon the following key messages: <ul style="list-style-type: none"> • What is self esteem • What is the difference between poor self-esteem and positive self-esteem • The impacts of poor self-esteem on mental health • How to improve your self-esteem and find your strengths 	<ul style="list-style-type: none"> • Gain an understanding of self-esteem • Develop an understanding of poor self-esteem vs healthy self-esteem • Tips to improve self-esteem • Develop an understanding of how to access help for mental health issues
Bullying (must be done in conjunction with the Healthy Relationships workshop)	Young people years 7-12 1-30 people	60 mins	The workshop is built upon the following key messages: <ul style="list-style-type: none"> • What is bullying • Types of bullying • Impact bullying • What can you do/your school do about bullying 	<ul style="list-style-type: none"> • Gain an understanding of what bullying is • Gain an understanding of the types of bullying • Gain an understanding the impact of bullying • Develop new skills to effectively navigate bullying • Gain an understanding of headspace:- what we do and how to go about seeking help
Healthy Relationships (must be done in conjunction with the Bullying workshop)	Young people years 7-12 1-30 people	45-60 mins	The workshop is built upon the following key messages: <ul style="list-style-type: none"> • What does a good relationship need • Influences on relationships • Signs of troubled relationships • Tips for building healthy relationships • What you can do about difficult relationships 	<ul style="list-style-type: none"> • Gain an understanding what good relationships need • Gain an understanding of how families influence relationships • Gain an understanding that maintaining friendships can be tough • Develop skills to be able to identify signs of troubled relationships • Learn more about how to build healthy relationships • Learn some strategies to be able to navigate difficult relationships.

				<ul style="list-style-type: none">• Gain an understanding of headspace:- what we do and how to go about seeking help
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