

# YOUTH MENTAL HEALTH SUMMIT



WATCH THIS  
SPACE

## 2021

### The YMHS will feature:

- Engaging presentations & practical workshops
- Strategies on reducing stigma & improving mental wellness
- Expo to connect with local service providers & schools
- Post Summit Professional Development & support for Teachers
- Acquire skills & resources to take back & share with your school



- Morning tea & lunch provided
- All participants receive a show bag
- This event is free for High Schools in Fairfield & Liverpool area
- Download booking terms & forms
- Places are limited, bookings essential



## LATE 2021 OR EARLY 2022

\*TBA (MORE DETAILS TO FOLLOW)





## Annual Youth Mental Health Summit:

(Evaluation feedback from all participants 2014 to 2020)



**95%** of Students agreed that mental health is important and it needs to be talked about more



**88%** Teachers agreed



**86%** of Students learnt something new about mental health and wellbeing at the YMHS



**78%** Teachers agreed



**96%** of students thought the YMHS was beneficial and would recommend it to their friends or colleagues



**100%** Teachers agreed



**97%** of students had a positive experience at the YMHS and thought it helped to reduce the stigma attached to mental health



**100%** Teachers agreed



**89%** of students met a new service provider at the YMHS that they were not previously aware of



**70%** Teachers agreed



**92%** of students were inspired by the presenters and workshop facilitators to take positive action towards improving their own mental health and wellbeing



**100%** of teachers found the professional development session useful for their jobs



**95%** of schools created strategies and mental health and wellbeing action plans at the YMHS to complement their existing policies

Strong Mental Health and Wellbeing is the foundation for success at school, the workplace and in life. According to the Productivity Commission "there are up to a million people going untreated for mental health conditions in Australia with these illnesses costing the economy around \$180 billion each year." The YMHS addresses the importance of young people having the skills and knowledge to identify the signs of mental illness and where to access their support networks. This increased awareness and support will reduce absenteeism and lost productivity at school, during workplacements, work experience and in post-school employment.