



ABOUT

SPEAK UP! Stay ChatTY

Working in partnership with Relationships Australia Tasmania, Stay ChatTY provides educational programs in schools, sporting clubs and workplaces across Tasmania. We aim to promote positive mental health and prevent suicide by reducing stigma and encouraging people to seek help. Our Program Facilitators are appropriately trained, use safety considerations to minimise risk, and are registered to work with children.

Stay ChatTY Schools Program

The Stay ChatTY Schools Program offers mental health literacy workshops for students in grades 9 - 12, as well as a teacher and parent workshops for a whole school approach.

For the Schools Program to operate in Catholic and Independent schools, Stay ChatTY has implemented a fee-for-service structure to help us provide comprehensive and cost-effective education packages for schools. The Schools Program is currently funded by the Department of Education and has been operating in Tasmania since 2017.

CONTACT US

For questions, enquiries,
or to book now visit
www.staychatty.com.au
and select **Schools Program**



Stay ChatTY SCHOOLS PROGRAM



FOR CATHOLIC AND INDEPENDENT SCHOOLS



SCHOOL PROGRAM WORKSHOPS

1.5hr Student Workshop (Grade 9-12 only)

- Strengthens student awareness of mental health and resilience
- Increases student knowledge of where to seek help for themselves and their peers
- Promotes student wellbeing

The Student Workshop is grounded in evidence and is aligned with the Australian secondary school curriculum.

1hr Teacher Workshop (open to all school staff 18+)

- Increases awareness of youth mental health
- Increases knowledge of the risk factors, protective factors and warning signs of youth suicide
- Strengthens ways to support young people and how to access additional support

1hr Parent Workshop

- Increases awareness of youth mental health
- Increases knowledge of the risk factors, protective factors and warning signs of youth suicide
- Strengthens ways to support young people and how to access additional support

Really useful for young adults. Building resilience is a major issue for students entering secondary college.

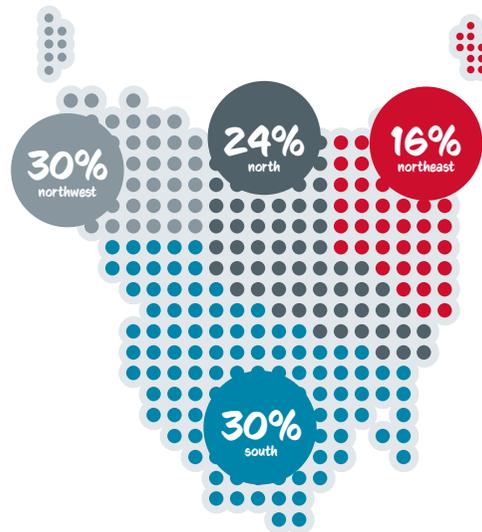
Teacher

I liked the positive energy around speaking about mental health.

Grade 9 student

OUR IMPACT

The Stay ChatTY Schools Program has reached almost 1500 students and 400 teachers.



28 schools
1434 students
347 teachers

14 parent sessions
56% rural
44% urban

85%

of students agreed/strongly agreed to feeling more confident helping a friend in need after the session.

97%

of students agreed/strongly agreed to finding the session useful/interesting.

100%

of teachers agreed/strongly agreed this is appropriate information for young people to know.

I learnt we can all play a role in helping someone with their mental health.

Grade 10 student

After the session my son could see that he is not alone and there is help available to help him bounce back.

Parent

BOOK NOW!

Packages can be tailored to suit your school's needs.

Student Workshop Package \$500

- 2x trained Program Facilitators
- 1x Student Workshop (max of 30 students)
- Activities, resources and materials

Full Day Workshop Package \$1300

- 2x trained Program Facilitators
- 3x Student Workshops (max of 30 students in each workshop)
- Activities, resources and materials

Whole School Workshop Package \$1700

- 2x trained Program Facilitators
- 1x Teacher workshop
- 1x Parent Workshop
- 3x Student Workshop (max of 30 students)
- Activities, resources and materials

Any additional student workshops (\$500 each)