



Stay ChatTY SCHOOLS PROGRAM

For Catholic & Independent Schools

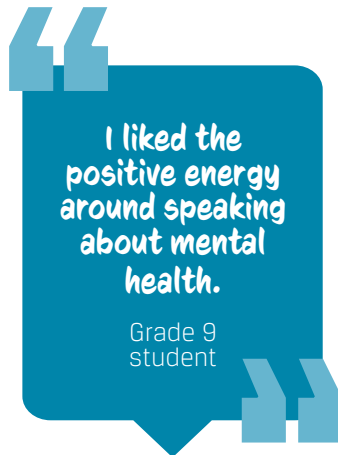
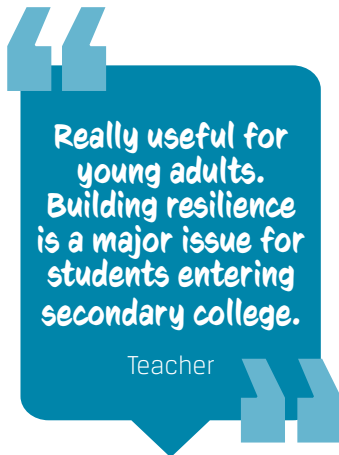
ABOUT

SPEAK UP! Stay ChatTY

The Stay ChatTY Schools Program, delivered with Relationships Australia Tasmania, provides mental health literacy workshops for students in grades 9 – 12 as well as teacher/parent workshops for a whole school approach. Our Program Facilitators are trained to have conversations about mental health and suicide with young people in a safe and constructive way.

The evidence based program aims to:

- Increase resilience and emotional awareness
- Increase young people's understanding of the importance of seeking help, and how to get help for themselves and their peers
- Encourage young people to think about how they can look after their mental health in practical ways



OUR IMPACT

The Stay ChatTY Schools Program has reached almost 3000 students and 600 teachers.

94% 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.

SCHOOL PROGRAM WORKSHOPS

The Schools Program is currently funded by the Department of Education and has been operating in Tasmania since 2017. 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.

1.5hr Student Workshop \$500+GST per session (Grade 9-12 only, 30 students max)

- 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 & Parent Workshops \$200+GST per session These can be delivered as separate or combined sessions. (open to all parents and 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



CONTACT US

For questions, enquiries, or to book now email us at staychatty@reltas.com.au



Relationships Australia.
TASMANIA

www.staychatty.com.au

Find us on:

