

Mates in Mind

mental health event - free, online and interactive

Wednesday 6 April 2022

9.00am to 10.30am

Year 9 and 10 students

Program

Session 1

headspace Schools will help you understand more about mental health.

Session 2

Looks at managing change and setbacks. You will hear from Steven Motlop and Paul Stewart from Port Adelaide Football Club about new ways to look at and face challenges.

Session 3

You will hear a young person share their own lived experience as well as share tips for supporting your own mental health and your mates.

Session 4

Focuses on what you can do to look out for your friends, and how you can ask for help when you need it.

Throughout the event there will also be opportunities to interact with the presenters, through polls, asking questions and reflecting on the things you've heard.

[Register now](#)

Both staff and students need to register to participate in the interactive elements

To find out more email us at education.wellbeing@sa.gov.au

