

# SAFEMinds.

SCHOOLS AND FAMILIES ENHANCING MINDS

*“A sense of connectedness to families and schools is the most significant protective factor for young people.”*

(Resnick et al. *Protecting Adolescents From Harm*, 1997)

## SAFEMINDS: AT HOME



SAFEMinds combines a range of targeted training and a comprehensive toolkit of resources, to support whole school communities apply the *NIP it in the bud!* early intervention approach.

SAFEMinds Online

SAFEMinds: In Practice SAFEMinds: At Home

### SAFEMinds. AIMS TO:

- enhance early intervention mental health support for children and young people in schools; specifically regarding mild mood disorders (anxiety and depression) and self harm
- increase engagement of parents and carers with schools to more effectively support their child's mental health; and
- develop clear and effective referral pathways between schools and community youth and mental health services.

To access more information go to the SAFEMinds website.

### SAFEMINDS ONLINE

SAFEMinds Online uses an immersive, video-based experience, to tell a series of personal stories of children and young people, their families and teachers. This approach aims to develop the knowledge and understanding of the whole school community – school staff, parents and carers – about the many different forms of emotional distress children and young people may experience, and how these might be presented. Supporting resources, further background information and the *NIP it in the bud!* Toolkit can also be found in SAFEMinds Online. To access SAFEMinds Online go to the SAFEMinds website.

### SAFEMINDS: IN PRACTICE

This training will focus on local decision makers within schools becoming 'Champions' in the use of the *NIP it in the bud!* early intervention approach and Toolkit resources, including the SAFEMinds Online materials; and how to incorporate SAFEMinds into their school's existing professional learning and student wellbeing policies and initiatives.

### SAFEMINDS: AT HOME

SAFEMinds offers parents and carers a series of information forums which will focus on helping parents and carers understand their role in supporting their child's mental health and wellbeing; and connecting them with school and mental health resources within their local community. In addition, parents will have access to a targeted version of SAFEMinds Online and Toolkit resources.

