

Supporting Student Mental Health in Today's World



 **Duration:** 1 hour  **Delivery:** Face-to-face or Online

Youth today are navigating a world vastly different from the one that their parents and teachers grew up in.

Academic pressures, social media influence, family expectations, and global uncertainty have contributed to a growing mental health crisis, one that is often invisible but profoundly impacting young people's wellbeing.

Tailored for adults working or caring for young people, this engaging and informative presentation will help you to:

- ✓ Understand the key mental health challenges facing young people today
- ✓ Recognise early signs and symptoms in the classroom and at home
- ✓ Explore practical, evidence-based strategies

During this presentation and workshop, you will learn to:

1

Understand the current youth mental health landscape and decode the adolescent brain

2

Recognise early warning signs at school and at home, and connect with appropriate help-seeking pathways and crisis supports

3

Navigate smartphone and social media impacts while setting healthy boundaries

4

Start effective conversations using the Notice → Ask → Support framework

5

Apply simple, evidence-based strategies for sleep, routines, mindset, connection, strengths, gratitude and mindfulness to build protective habits

6

Strengthen resilience in students and families by implementing whole-school approaches that prioritise prevention and early help