



Be You
event
invitation

Mental health risk in primary schools

Wednesday 14 August 2019

4.15pm - 5.15pm

Coldstream Primary School

Kelso Street, Coldstream VIC 3770

Room: Library

For more information please contact:

Joy Kusserow

Be You Senior Clinical Consultant

0428 097 578 – jkusserow@headspace.org.au

We are delighted to invite members of your school team to attend our Be You event.

Be You Event Details:

Understanding what is meant by 'risk' and the potential impacts on educational, developmental and wellbeing outcomes is crucial in being able to confidently respond to potential mental health risks.

In this session, we aim to:

- explain mental health 'risk' and its impact on learning, development and wellbeing
- reflect on educators' concerns about responding to increasing rates of anxiety and serious risk behaviours
- explore ways to notice risk behaviours, build supportive relationships and support students and families
- practice using the Be You 'Notice. Inquire sensitively. Provide support.' process as a guide for observing and responding to mental health risk
- identify Be You resources that can guide school communities to provide early support for students experiencing mental health risk.

Wednesday 14 August 2019

4.15pm - 5.15pm

Coldstream Primary School

Kelso Street, Coldstream VIC 3770

- Please register to attend this event by emailing Phillipa Adgemis on: adgemis.phillippa.p@edumail.vic.gov.au
- This is a free event.
- Bring your laptop, tablet or smart device to the event, so your Be You Consultant can guide you through the website and resources.
- Prior to the event please create your own [Be You account](#) to start accessing the resources.