



Supporting university students' mental health through COVID-19 and beyond.

batyr have been empowering university students to take charge of their mental health since 2014. Our high impact programs have reached over 200,000 students. We're here to support you and your students through this uncertain time with our new digital offering; batyr online!

COVID-19 is having a significant impact on universities with many students now learning from home. Supporting the mental health of students and staff is more important now than ever.

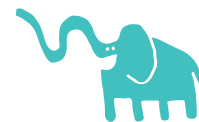
batyr online is a digital program pack that is completely online. It has been designed to be flexible to the changing educational environment that universities are facing.

We've taken the key parts of our in person programs and made them digital! We are now able to deliver live video sessions run by our expert facilitators and give your students access to digital resources to support their wellbeing at this time.

Our vision will always remain the same, that all young people are engaged in positive conversations about mental health and empowered to reach out for support when needed.



ABOUT BATYR



who we are

batyr is a 'for-purpose' mental health organisation, created and driven by young people, for young people.

With 1 in 4 young people experiencing mental ill-health it is estimated 210,000 university students in Australia aged between 18-25yrs will experience mental ill-health this year.[^]

what we do

We smash the stigma surrounding mental health and empower young people to reach out for support. We help create communities that support young people's mental health and wellbeing.

We provide evidence based peer-to-peer educational programs for university students.

how we do it

We Engage. Educate. Empower.

Engage by young people talking to young people about mental health and wellbeing.

Educate through the sharing of young people's lived experience stories.

Empower young people by giving them the knowledge and skills to lead mentally healthy lives.

BATYR ONLINE PACKAGE

batyr online: LIVE

45 minute sessions - delivered by a facilitator and livestreamed to your students.

Bring the magic of an in-person batyr program to your students at home! Our young trained facilitators will engage your students in positive conversations around mental health and empower them to take charge of their mental health.

- Facilitator intro and setting the scene
- Digital story from our lived experience speakers
- Debrief of the speaker story to highlight the positive messaging of hope and resilience
- 5 tips video (tailored to the current COVID-19 challenges students may be facing)

live QnA's

Interactive QnA sessions to provide support for students and teachers throughout COVID-19!

These sessions will be run by our facilitators with a panel of mental health experts and lived experienced speakers sharing their knowledge about how to look after yourselves, your students and your colleagues at this time.

These valuable sessions give students and teachers the space to ask questions and receive advice from mental health experts.

digital events

Creating social connection whilst physically distancing!

Digital events run by the batyr community to foster connection during times of physical isolation will offer students the chance to engage with their peers and switch off from the uncertainty.

To give you a taster of what to expect, one of these events will be our signature 'Feast of strangers!' This event gives students an opportunity to talk to lots of new people and form friendships with those they connect with.

Get in touch for more info!

Imogen Stahel (UTS program coordinator)

0435 893 447 | imogen@batyr.com.au

[^] Australian Bureau of Statistics. 2016b. National Health Survey: First Results, 2014-15 (No. 4364.0.55.001) [Online].