



## **Supporting youth mental health through COVID-19 and beyond.**

**batyr have been empowering students to take charge of their mental health since 2011. 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 schools with many students now learning from home. Supporting the mental health of students and staff is more important now than ever.

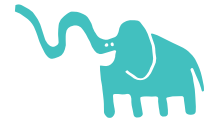
batyr online is a digital program pack that is completely online. We've taken the key parts of our in person programs and made them digital! It has been designed to be flexible to the changing educational environment that schools are facing.

We will work with you to find a solution that suits your school's needs at this time. Whether that's our activity lesson plans for teachers or selecting educational peer-to-peer live video sessions run by one of our expert facilitators.

**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.

Of every 30 students in Australia, 7 will be dealing with a mental health issue, yet only 2 will reach out for support, meaning 5 will suffer in silence.

## 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 the whole school community.

## 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

Below are all the modules included in your batyr online package! The package has been designed to be flexible so that you can choose the activities that are right for your school community.

## batyr online - LIVE

*30 minute sessions - delivered by a facilitator and livestreamed to a maximum of 30 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 parents 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.

## batyr online - ON DEMAND

*5 x 15 minute sessions - each session includes a batyr video (3-5 mins) and is accompanied by 10-12 min lesson plan for teachers to run activities exploring the content further.*

You will receive access to a bank of online sessions available anytime! By having sessions available on demand you will have the flexibility to integrate the sessions into your existing timetable.

Episode 1: Speaker story and debrief

Episode 2: Look Out

Episode 3: Get Talking / Listen Up

Episode 4: Reach Out

Episode 5: Take Charge

## ReachOut x batyr: follow up resources

In collaboration with ReachOut we will provide follow-up resources post-program for school communities to keep mental health in focus. Resources will be provided for teachers, parents and students.