



batyr @SCHOOL

*Empowering young people to
take charge of their mental health*

About us

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

How we support school communities

batyr provide a number of leading educational programs designed to build stigma free, supportive communities for young people. We're here to keep young people from reaching the point of crisis through prevention and early intervention.

We focus on understanding the needs of your school community and forming a partnership that complements your wellbeing strategy and aligns with your vision. We work closely with you to recognise your students' needs and engage them on their level to embed positive attitudes towards help-seeking and wellbeing, and create a culture of openness within your school.



"Those who do share their stories allow for other people to then share their own."

Student, New South Wales

Why we exist

75% of mental health challenges will emerge **BEFORE THE AGE OF 25**¹



Suicide is the leading cause of death for young Australians²

Students with a mental illness miss on average **23 DAYS PER YEAR** compared with **11 DAYS PER YEAR** for those without mental illness.³



Of every **30** students in Australia

7 will be dealing with a mental health issue

Yet only **2** will reach out for support

Leaving **5** suffering in silence

Year 9 students living with mental illness are **1.5 TO 2.8 YEARS** behind in academic ability⁵

Sadly, most young people dealing with mental health issues do not reach out for help, largely due to stigma, low rates of mental health literacy and access to support



1,2,3,4,5: For full list of references, please visit: www.batyr.com.au/school-references

"I've learnt that it's okay not to be okay, and above all, it's okay to ASK FOR HELP."

Student, Queensland

Our impact

Our preventative approach results in improved mental health outcomes for young people and their communities. We've been delivering programs since 2011 and are experts in peer-to-peer storytelling.

257,163
total number of
students reached



**291 high school partners
ACROSS AUSTRALIA**



**72% of students
rated our programs
HIGHLY ENGAGING**



67.2% of students said they
were more likely to seek help for
their mental health after seeing a
batyr@SCHOOL program*

Our programs reduce the stigma surrounding
mental health and empower young people
to take charge of their mental health and
reach out for support if they need it



What makes us different?

batyr programs are unique in that they are delivered by young people, rather than teachers or mental health professionals. They are also strengths-based and positively framed, rather than focused on risk factors and causes.

Our peer-to-peer voice and lived experience speakers are the core of our work and what sets us apart. Guided by trained facilitators, our programs center around real-life lived experiences of young people overcoming mental health challenges. These safe stories are carefully developed to focus on help-seeking, hope and the positive outcomes of reaching out for support.

The delivery style of our programs is interactive and informative, engaging students in a fun and energetic way. Research shows that young people most commonly seek help from friends followed by parents or guardians' (Mission Australia, 2020 Youth Mental Health Report). This is why our programs are designed to boost mental health literacy and upskill students with practical tips on how students can look out for their friends as well as their own wellbeing. Through early identification of the signs and symptoms of mental ill-health, young people may also be able to access the support they need to address these and prevent a worsening of symptoms.

What is lived experience?

- Someone's personal experience of mental ill-health. Mental ill-health is an umbrella term that includes both diagnosed mental illness/disorders, and difficulties with mental health that may not have been formally diagnosed.
- Someone's experience in supporting a person living with mental ill-health.

Program safety

- Our lived experience speakers receive training and development, with 1:1 coaching to provide them the confidence and skills to share their story safely and with impact. We have a whole team dedicated to their ongoing training and engagement, supporting them pre and post each program.
- Our facilitators are provided with ongoing professional training and support to ensure our programs are relevant, relatable, and safe.
- We have teams dedicated to ongoing program evaluation, quality and control. Each program is tailored to address student needs, and all post participation feedback is evaluated to ensure best practice, and informs our impact evaluation.
- Each school receives a dedicated school booking coordinator, so prior to entering a school we do a thorough needs analysis to ensure the program is safe (mental health exposure), relatable and addresses students needs.

"Seeing other people's stories validates my own story. Before then I didn't know whether or not my story was "worthy" of being told or listened to. Thank you for coming out and doing this for us."

Student, Regional NSW



Our **PROGRAMS**

We work with students from Year 9 through Year 12 and have a suite of programs suitable for different stages. We also have offerings for teachers and parents to include the whole community.

The batyr standard

Duration: 60 to 90mins

Note: All students must see this program before seeing any follow up programs. This program can be delivered online via zoom or an alternative streaming platform.

The standard program is the first of our batyr@school offerings. The purpose of this introductory program is to give students a positive experience talking about mental health. Picture top 40 music, peer-to-peer banter and interactive activities alongside the chance to hear a young person share their experiences with mental health. Students will learn where to reach out for help and be given practical tips on how to look after their own wellbeing so that they have actionable takeaways. Students will walk away from this program knowing that they are not alone in their experiences and that they can reach out for help if they need it.

Look out for your mates

Duration: 60 to 75mins

Note: Students cannot see this program if they have not seen the batyr standard. This program can be delivered online via zoom or an alternative streaming platform.

Look out for your mates is the first of our follow up school programs. Having seen the batyr standard already, students will understand the role that stigma plays in preventing help-seeking and will be eager to learn how they can better support their friends in that process. In this program, students will gain confidence in supporting their mates through an open conversation about the fears and hopes that may come up when worried about a friend. Once again, students will have the opportunity to hear from a batyr lived experience speaker who will focus on the important role that their friends played in their help seeking journey. Students walk away from this program having learnt how to start a conversation with their friend, how to maintain their own boundaries in the process and what role they play in longer term support.

Stressed out?

Duration: 60 to 75mins

Note: Students cannot see this program if they have not seen the batyr standard. This program can be delivered online via zoom or an alternative streaming platform.

Stressed out? is the second of our follow up school programs. In this program students will have the opportunity to learn about how to cope with stress and anxiety. We'll have a chat about when feelings of anxiousness can be a good thing and what to do when they're not. Students will also have another opportunity to hear one of batyr's lived experience speakers talk about anxiety and how they cope with it. Students will walk away from this program understanding where pressure comes from and feeling more in control of how it impacts them.

Future proof!

Duration: 60mins

Note: Students cannot see this program if they have not seen the batyr standard or look out for your mates/stressed out?. This program can be delivered online via zoom or an alternative streaming platform.

Future proof! is the final of our school offerings. In this program students will learn how to cope with something that we have to deal with throughout our whole lives: change. After having worked with these students every year since Y9, this program is very reflective. It will arm them with the skills to maintain their own mental health and positive mental health conversations beyond school. For the last time, students will hear from a batyr lived experience speaker and will be given the opportunity to create a 'legacy board' reflecting on what they wished they knew in Y7. Students will walk away feeling nostalgic yet confident that they have the skills to tackle the changes to come.

Full day program

Duration: Full School Day, 3 sessions

batyr's full day program gives students the opportunity to not only start a positive and productive conversation about mental health, but to take steps towards building those conversations into their school community. This program is broken into three sessions. In session one, they will take part in the batyr standard where they will hear from a lived experience speaker and have open and honest chats about mental health. In session two, students will get the opportunity to take part in a Q&A with a batyr curated panel of mental health experts. Included in this group of experts is the young person who shared their lived experience story in session one, and the school counsellor to give a voice to the school's current wellbeing initiatives. In session three, depending on group size, students will rotate through 2 - 3 activities. Each of these activities takes a deeper dive into things like resilience, mindfulness and how to champion mental health initiatives in their school. In true batyr style, the whole day will be threaded with fun activities, banter and top 40 music so that your students will leave feeling confident in their ability to support one another, themselves and their school community.

School community PROGRAMS



At batyr we believe a holistic wellbeing approach is the best way to see long term positive impact and we have developed a number of programs for your wider school community.



“I gained valuable tools to allow me to **support my children** and to know what signs to look for.”

Parent, Queensland



Parent forum

Duration: 90mins

Note: This program can be delivered online via zoom or alternative streaming platform.

The batyr parent forum gives parents an opportunity to see what their children experience in a batyr program. Parents will hear from a young person about the role they played in their mental health journey, have the opportunity to ask questions of local mental health professionals through a Q&A and feel safe enough to talk openly about the challenges they face as parents. Parents will walk away with a greater understanding of how to support their young ones with mental health and how to look after their own mental health in the process.

Teacher professional development

Duration: 2hrs

Note: This program can be delivered online via zoom or alternative streaming platform.

batyr's teacher professional development gives teachers an opportunity to talk openly about the mental health of young people in their school community. Teachers will start off by learning about batyr and hearing a young person share their lived experience with mental health. Teachers will discuss questions like 'what is your role as a teacher and what isn't' and 'how can we empower students to champion their own mental health initiatives' as well as discuss student case studies. Teachers will walk away from this program having learnt from one another and feeling better equipped to facilitate a positive mental health culture in their school community.

The student chapter

Duration: Year Long - Online

The batyr student chapter is designed to empower a small group of high school students to become mental health leaders in their school. Through this year-long online program, students will develop and deliver thoughtful mental health initiatives which engage and educate their wider school community. This program is broken up into four modules to be run over four terms. The year kicks off with a batyr facilitated online launch where all chapter students from across Australia come together. The rest of the year is designed to be student led and teacher supported through the student chapter website. The students who take part in this program will build their mental health literacy and see behind the scenes of batyr, learning what it takes to positively impact mental health conversations in their school community and beyond.



Let's make this **HAPPEN!**

For further information, please contact
your local school coordinator:

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batyr.com.au

