

Mental Health Literacy Training



Supporting school leadership
and educators



Enhancing Awareness & Building Confidence to Support Student Wellbeing

Mental health challenges among students are on the rise, impacting their learning, relationships, and overall wellbeing. This program equips school leaders, educators, and staff with practical knowledge and strategies to recognise, respond to, and support students experiencing mental health challenges, ensuring a proactive and inclusive school environment.

Mental Health Literacy Training

Supporting school leadership and educators



Who should attend

- School principals and leadership teams
- Teaching staff and school wellbeing coordinators
- Student support staff and pastoral care teams
- School-based professionals supporting student wellbeing

Program options

1-Day Workshop: MHEALTH Headstart

A foundational program designed for school leadership and teaching staff to develop essential mental health literacy, practical response skills, and strategies to foster a supportive school environment.



Duration:
6 Hours



Delivery Mode:
In person or online

Learning Objectives

- Understand the prevalence and impact of mental health challenges among students.
- Recognise early warning signs of distress and mental health concerns.
- Apply evidence-based response techniques using the Recognise, Respond, Refer (RRR) framework.
- Develop effective communication skills to support student wellbeing.
- Incorporate culturally responsive and inclusive practices.

Topics Covered

- ✓ Mental health definitions, key statistics, and common challenges in schools.
- ✓ Recognising early warning signs of anxiety, depression, and trauma-related stress.
- ✓ Understanding the impact of external factors on student wellbeing.
- ✓ Practical response strategies and educator responsibilities in supporting students.
- ✓ Communication and active listening techniques for student engagement.



Highly engaging and insightful presentation that can be implemented in my context to support our incredible young people.

– Jess Clarke, Teacher, Queensland Pathways State College.

Secure Your Spot Today!

For more information or to register contact:
institute@mackillop.org.au 03 9699 9177



The MacKillop Difference

At MacKillop Institute, we collaborate with you to support your school community. Our expert-led training is available in-person or online, providing flexible and tailored solutions to meet your needs.

2-Day Workshop: MHEALTH Headway

A comprehensive program for school leadership, teaching staff, and relevant personnel, providing in-depth training in mental health literacy, student support strategies, and school-wide action planning.



Duration:
12 hours (6 hours per day)



Delivery Mode:
In person or online

Learning Objectives

- Address student mental health challenges with inclusive, evidence-based approaches.
- Gain deeper insight into the impact of mental health challenges in young people.
- Strengthen the ability to identify early signs and risk factors in students.
- Implement advanced strategies for effective intervention and referral.
- Foster inclusive, supportive, and trauma-informed learning environments.
- Collaborate with professionals and support services to enhance student outcomes.
- Develop personal strategies for educator wellbeing and resilience.
- Create an action plan to implement mental health awareness and support in schools.

Topics Covered

- ✓ Understand the prevalence of mental health issues among students.
- ✓ Advanced recognition of mental health warning signs and crisis indicators.
- ✓ Understanding anxiety, depression, trauma, and their effects on learning.
- ✓ Responding to students using the RRR framework and active listening skills.
- ✓ Exploring school-wide strategies for promoting mental health awareness and reducing stigma.
- ✓ Best practices for collaborating with mental health professionals and community support services.
- ✓ Educator wellbeing and self-care to prevent burnout and secondary traumatic stress.
- ✓ Developing an action plan to implement learning into the school context.

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