

Young Healthy Minds Project



Lake Macquarie & Newcastle

Suicide Prevention Network

Young Healthy Mind Project
Application Form



What is the Lake Macquarie & Newcastle Suicide Prevention Network?

We are a free service that provides individualised care and connection to community. We have developed a range of evidence-based programs and support services to meet the needs of our community.

Even before the Covid-19 Pandemic, the rate of mental ill health and risk of suicide has been increasing, due to the rising pressures experienced by individuals and families. The impact of Covid-19 as well as bushfires, floods, droughts, and economic uncertainty has resulted in an increase in personal challenges across all age ranges, including our children and young people, adults, and aging citizens.

We have partnered with a wide range of agencies and Government Departments to provide a suite of support programs and services to address the need that exists in our community.

We offer this service free of charge to our community to have people from all ages engage with their community and have access to individual support if needed.

What is the Young Healthy Minds Project?

This project empowers young people to gain skills, knowledge and opportunity to promote positive mental health and suicide prevention through training and ongoing support. Participants will undertake the planning and facilitation of events, health promotion activities, and public speaking to promote and advocate for positive mental health.

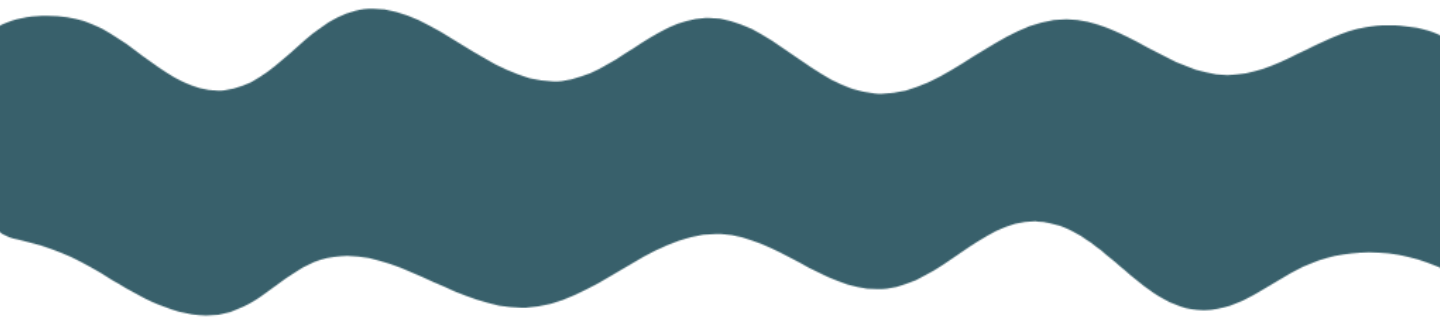
The Project is available to young people aged 12 to 24 across the Lake Macquarie and Newcastle LGA's. Participants will form a Network of mental health advocates who will meet face-to-face and online to discuss, coordinate, and plan the delivery of a range of community-based projects including events and health promotion activities as well as public speaking events to better advocate for the mental health and wellbeing needs of young people.

What is involved in joining this project?

Our Project Officers will meet regularly with participants to facilitate open discussion forums on the barriers young people face that prevent them from participating in their community.

Discussion will focus on the mental health and wellbeing of young people and the effect that recent natural disasters have had on young people's mental health, access to support, and social inclusion. From these discussions, young people will identify opportunities to counteract the negative effect of these barriers, using methods of interest to young people, such as social activity and social media.

Participants will prioritise activities and work with the Project Officer to design and implement these activities across the course of the year. A component of these events and activities will involve providing opportunity for young people across the region to have input into strategies that would benefit them, through activities, social media, and interactive displays at events.



What is in it for you?

Participants of the Young Healthy Minds Network will be provided training in:

- Suicide Prevention
- Mental Health First Aid
- Physical First Aid
- Public Speaking
- Event Management
- Social Media Training
- Health Promotion Training

Young people will also gain hands on experience in event management, social media, health promotion, and public speaking.



Young Healthy Minds Project Application Form

Personal details

Name:

Phone:

Email:

Address:

Date of Birth:

Preferred Gender/Pronouns:

Emergency contact

Name:

Phone:

Relationship:

Other info:

About you

Tell us a bit about yourself, what are your interests?

Why are you interested in joining the Young Healthy Minds Project?

What would you like to gain from this experience?

What type of activities would you like to do? (for example, public speaking, event management, etc.)

What skills and ideas do you bring to the Young Healthy Minds Project?

Are you currently studying, working, or have any other activities you regularly participate in?

Is there anything else you would like to share with us?

Do you identify as Aboriginal and/or Torres Strait Islander?

Do you identify as LGBTQIA+?

Do you have any lived experience with mental illness and/or suicide?

Do you have any prior experience being an advocate?

Are you interested in this program as part of your course work? (for example, placement hours or a community project).

Do you prefer face-to-face or online meetings?

What is your availability like? (afternoon/evenings)

Monday:

Tuesday:

Wednesday:

Thursday:

Friday:

Saturday:

Sunday:





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Contacts

For more information about the Young Healthy Minds Project please email projects@lmnspn.org.au

For further information go to
www.connectedtocare.com.au/projects

If you are interested in other programs with LMNSPN please email support@lmnspn.org.au

