

# Black Dog Institute

Specialising in Depression and Bipolar Disorder

## INSIGHT



The INSIGHT Schools Program is highly sought after by secondary schools and is unique in the way that it raises mental health awareness, offers accurate information about mental health issues, dispels the stigma associated with mental illness and encourages early help seeking.

This program is presented by people who have experience with a mental illness and carers of people who are mentally ill. Their personal stories give a richness and depth to the program that is unique in mental health education and helps students to better understand some complex issues.

INSIGHT School Program presentations include a focus on wellbeing and looking after yourself, mental health problems that affect young people and possible factors that contribute to a mental health problem, stigma and where and how to seek help for yourself or others.

**Promoting Mental Health | Facilitating Awareness | Generating Discussion**

### TO MAKE A BOOKING



If you would like to find out more about how the Institute can engage with your local community, please contact:

KATE HILLE  
02 9382 8320  
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Please note that each INSIGHT presentation can only be delivered to a group of up to 35 students.

*“Our students evaluated the sessions very positively saying they learnt a lot about mental illness - especially awareness of the various issues surrounding the types of mental illness and living with a mental illness on a daily basis.”*

*“Thank you to [the presenters] today. Their presentation was appreciated and we hope that the program continues. It does a valuable thing for an area which is sometimes difficult for us to cover from an education perspective.”*



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