

Build a mentally healthier world for young people



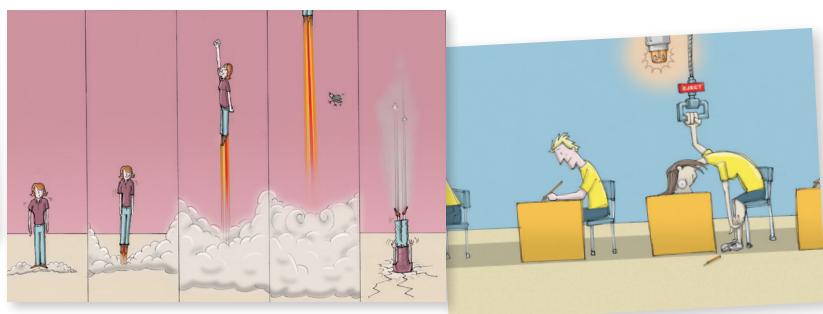
Resources for teachers, students and their carers

HEADSTRONG 2.0
UNDERSTANDING DEPRESSION, BIPOLAR DISORDER AND RESILIENCE
A CURRICULUM RESOURCE TO SUPPORT THE
TEACHING OF MENTAL HEALTH IN HEALTH &
PHYSICAL EDUCATION
Developed by:
The Black Dog Institute and
The Inspire Foundation

HeadStrong 2.0

FREE curriculum resource for teachers on depression, mental health and resilience.

- ✓ free to download
- ✓ evidence based and linked to Health and Physical Education curriculum for Years 9 – 10
- ✓ includes 5 modules split into ready to use classroom activities and teacher notes
- ✓ topics include: depression and bipolar disorder, seeking help, helping others, how to build wellbeing and resilience



www.headstrong.org.au

MindStrength
FREE online interactive courses to help young people develop resilience and support parents and carers to develop it in the people they care for. Visit: www.headstrong.org.au

BITE BACK

A site designed to help improve wellbeing and mental fitness in young people by providing research-based, interactive activities built upon positive psychology principles. Visit: www.biteback.org.au

HeadStrong 2.0 and MindStrength are proudly supported by nib foundation

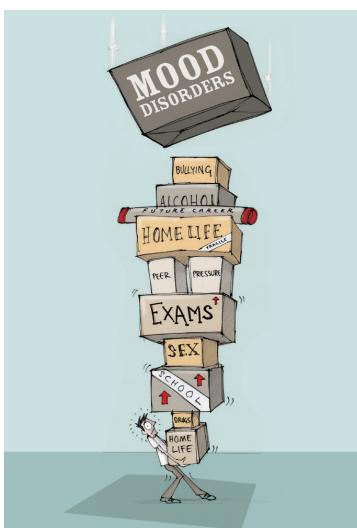
nib foundation

Black Dog
Institute

Build a mentally healthier world for young people



Face-to-face presentations and workshops tailored for students and their carers, teachers, and school psychologists and counsellors



Learn from people speaking from experience. Our youth presentations are delivered by trained volunteers with a lived experience of depression or bipolar disorder as a young person or carer.

For students

INSIGHT presentation

This classroom presentation covers teenage pressures, signs and symptoms of depression and anxiety and help seeking.

For teachers and carers

Navigating Teenage Depression presentation

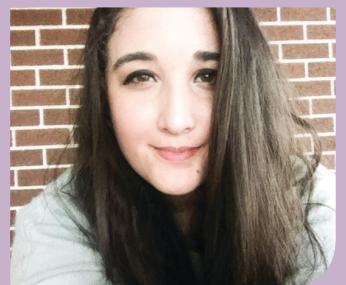
This presentation covers teenage pressures, signs and symptoms and how to provide support.

INSIGHT and Navigating Teenage Depression are delivered free of charge. Fees apply to cover travel and resource costs, where required.

Linda – Black Dog Institute Youth Presenter

Growing up, mental illness was never really openly discussed. Consequently, I went through adolescence scared, confused and unsure where to get help. Left untreated, I developed suicidal thoughts at 17. However, in year 12, I had unconditional support from my school and I got the help I needed.

The most important thing I've learned from my experiences with depression and suicidal thoughts is that there is always hope, no matter how bad things seem and there is always support out there, no matter how alone you feel.



For school psychologists and counsellors

Professional development workshops

Delivered by highly experienced clinical psychologists, Black Dog Institute delivers educational workshops throughout the year Australia-wide. Topic areas include dealing with depression, anxiety, bipolar disorder and building resilience in young people. Fees apply. Contact us to request a workshop or to find out details of workshops near you.

Contact Us

For course enquiries email: community@blackdog.org.au or visit us at www.blackdoginstitute.org.au



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