



2017 info Pack



batyr @School

batyr is a not for profit organisation with a bold objective – to provide young people with a new perspective of mental health, giving them the skills and confidence to reach out for support when they need it.

batyr was launched in 2011, after founder Sebastian Robertson experienced the frustration and isolation of silently suffering with mental ill health whilst at university.

Sebastian recognised that it was time to have open honest conversations about mental health with young people and thus, batyr was born, named after a talking elephant from Kazakhstan.

batyr aims to engage, educate and empower young people by fostering an environment where talking about these issues and getting help is not only accepted, but is encouraged and supported.

OF EVERY
30 STUDENTS
IN AUSTRALIA

WILL BE DEALING WITH A
7 MENTAL HEALTH ISSUE

YET ONLY
2 WILL REACH OUT
FOR SUPPORT

WILL SUFFER IN
5 SILENCE

what we do

The stigma surrounding mental health is a major barrier stopping young people from accessing support.

This shows how important it is to educate young people on a broad range of support services to encourage them to reach out if they need to. Our unique programs put students in direct contact with other young people - trained **batyr** speakers - who have successfully managed their own experience with mental ill health. This breaks down the stigma and bridges the gap between young people and the wide array of services available to them both **inside and outside of school**.

Our programs are **uplifting, engaging and relatable**, teaching young people how to better look after themselves and their mates, through the power of story. For the full list of what we offer, read on!

OUR impact

After every **batyr** program we collect feedback, which helps us measure our impact.

In Australia, only around 1 in 4 (22%) young people experiencing a mental health issue will seek professional help.



In 2016 we surveyed over
12,760
young people

and measured their likelihood to seek help after seeing a program at

72%

82%

of the audience had a good to very good level of engagement.



*Only around one in four (22%) of young people experiencing a mental health problem will seek professional help.
www.sane.org/images/stories/media/ALifeWithoutStigma_A_SANE_Report.pdf

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2017 info pack



batyr@School PROGRAMS



We tailor our programs to the needs of each school, with young, relatable speakers and facilitators encouraging positive, life changing conversations.

INTRO PROGRAM

60-90 Minutes

The original **batyr** program! The program is designed to be both informative and fun, for students (and teachers alike). Young, relatable speakers and facilitators engage the students with their stories of **hope**, **resilience** and **courage**. The program educates students on the support networks and services available to them (including your school's services), and empowers them to reach out for help when needed.

The students will also learn about how they can take care of themselves or a friend through **batyr's 5 Tips**:

- LOOK OUT
- GET TALKING
- LISTEN UP
- REACH OUT
- TAKE CHARGE

"Thank you for sharing positive messages about helping with mental health as it makes me feel that I am not alone in this issue. It gave me a reason to smile honestly today."

Year 10 Student, Clairvaux MacKillop College

Half Day / Full Day

Kicking off with a **batyr@school** program, this comprehensive day emphasises how students can implement mental health initiatives in their own school and life, engaged through fun activities while connecting them with local community members, services and role models through an entertaining and inclusive Q&A panel and/or breakout workshops.

"Hearing about other peoples experiences will help with normalising mental health problems and let people know about support networks available"

Year 9 Student, Methodist Ladies College Melbourne

"This is the second year with batyr and they connect with kids like no other program I've seen, they're engaging, they connect on a personal level and the personal stories make it real"

Head of Welfare, Calrossy Anglican School



batyr@school
2017 info pack



follow-up programs



Our follow up programs are designed to follow students sequentially through Years 9 – 12, to be seen after our introductory 60-90 minute program.



LOOK OUT FOR YOUR MATES

Year 10 Focus

"What can I do to help my friend?"

This is a question young people all too often ask themselves. LOFYM provides a range of answers to this question and emphasises the importance of supporting one another at school, focusing on the signs and symptoms students can 'look out' for and how to start a conversation with their mates.

"By sharing real stories, it shows that even though people go through tough times, they can find a way to have a positive outcome - no matter how long it takes"

Year 12 Student, Beenleigh State High School

STRESSED OUT?

Year 11 Focus

Pressure to perform? Exams?

We all know this can cause huge stress and anxiety for students. This program normalises these feelings while talking about strategies to deal with them. The **batyr** facilitator gives tips that students can implement into their daily lives as well as exploring the effectiveness of **mindfulness** and identifying supportive resources and services that are available.

FUTURE PROOF

Y12 Focus / Available 2018

Although Year 12 is an exciting time for most, it can also be extremely daunting.

This program explores strategies students can use to help keep them mentally healthy when embarking on their new future, while encouraging the legacy they will leave behind for current and future students of the school.

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2017 info pack



batyr@School CHAPTERS

batyr believe that student empowerment and student led initiatives are fundamental to reducing stigma around the topic of mental health and encouraging help seeking behaviour.

batyr@school Chapters equip students with the resources and tools to achieve these goals and continuing to develop a positive culture within the school around mental health and wellbeing.

The **batyr@school Chapter** framework is broken into four focus areas (one per term) and the school can select the order in which these are to be rolled out. There will be one optional face-to-face session with a **batyr** facilitator per focus area and chapter groups will come together six times per term.



Teacher PD

Unlike most 'death-by-powerpoint' PD programs, the **batyr@school for Teachers PD** is an **interactive workshop** where teachers hear from a young person with their own experience with mental ill heath. This workshop will provide teachers with practical strategies & the skills they need to help support students in managing their own mental health and reach out if needed.

"This PD workshop is creating a positive discussion around mental health."

Teacher, Calrossy Anglican School

*Completion of the batyr@school for teachers PD Workshop will contribute to 2 hours of QTC registered PD addressing 4.4.2 and 4.1.2 from the Australian Professional Standards for Teachers towards maintaining proficient Teacher Accreditation in NSW and ACT.

PARENT FORUMS

ONE SOCK
ONE GOAL

batyr Parent Forums are designed to provide a range of perspectives on the topic of mental health and wellbeing for young people from a variety of experts and speakers. Through a **lived experience** speaker and a **Q&A** session, parents will walk away with a greater understanding of mental health and how they can provide support to their teen, as well as what services are available to them.

"Our team wanted to wear the batyr socks to show we will support each other both on and off the field."

Year 10 Student, The Armidale School

1S1G is a **batyr** campaign designed for schools, universities, sporting teams and the community. Teams and individuals are encouraged to wear the bright socks to start positive conversations around mental health, whilst visually promoting their willingness to **smash the stigma**. By wearing the socks you will be contributing to a movement of young people who are creating positive conversations around mental health and wellbeing.



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2017 info pack



LET'S MAKE
THIS HAPPEN!

For further information, please contact **batyr**:

hello@batyr.com.au

0412 343 560

batyr.com.au/school-programs



We look forward to helping your students address the elephant in the room!



batyr is proudly
supported by:



The Greiner
Foundation

