



batyr @SCHOOL

*Empowering young people to
take charge of their mental health*

 batyr.com.au

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About us

batyr is a 'for-purpose' preventative mental health organisation, created and driven by young people, for young people.

How we support school communities

batyr provide a number of leading educational programs designed to build stigma free, supportive communities for young people. We're here to keep young people from reaching the point of crisis through prevention and early intervention.

We focus on understanding the needs of your school community and forming a partnership that complements your wellbeing strategy and aligns with your vision. We work closely with you to recognise your students' needs and engage them on their level to embed positive attitudes towards help-seeking and wellbeing, and create a culture of openness within your school.



"I've learnt that it's okay not to be okay, and above all, it's okay to ASK FOR HELP."

Student, Queensland



Our impact

Our preventative approach results in improved mental health outcomes for young people and their communities. We've been delivering programs since 2011 and are experts in peer-to-peer storytelling.

398,329

total people reached since inception

463
high school
partners
across Australia



72%
of students rated
our programs
**HIGHLY
ENGAGING**

batyr programs
lead to

35%

more young
people reaching
out for help*

For every \$1
spent on batyr
programs there
is a social
return of
\$13.40*



*Both findings based on a research trial conducted by the University of Sydney in regional and rural areas. Milton, A. Klinner, C. Conn, K. & Glozier, N. (2022). batyr@school in regional school communities impacted by drought and other climate events. Evaluation Report, University of Sydney, Sydney.

The national help seeking rate of young Australians sits at about 22%. 7. Slade, T., Johnston, A., Teesson, M., Whiteford, H., Burgess, P., Pirkis, J., & Saw, S. (2009).

The Mental Health of Australians 2: Report on the 2007 National Survey of Mental Health and Wellbeing. <https://doi.org/10.1037/e676562010-001>

What makes us different?



batyr programs are unique in that they are delivered by young people, rather than teachers or mental health professionals. They are also strengths-based and positively framed, rather than focused on risk factors and causes.

Our peer-to-peer voice and lived experience storytellers are the core of our work, setting us apart. Guided by trained facilitators, our programs center around real-life lived experiences of young people overcoming mental health challenges. These safe stories are carefully developed to focus on help-seeking, hope, and the positive outcomes of reaching out for support. The delivery style of our programs is interactive and informative, engaging students in a fun and energetic way.

Research shows that young people most commonly seek help from friends, followed by parents or guardians' (Mission Australia, 2020 Youth Mental Health Report). This is why our programs are designed to boost mental health literacy and upskill students with practical tips on how they can look out for their friends and their own wellbeing.

Through prevention and early intervention, young people can prevent mental ill-health before it develops, identify signs and symptoms early on and access the right support when needed.

"Seeing other people's stories validates my own story. Before then I didn't know whether or not my story was "worthy" of being told or listened to. Thank you for coming out and doing this for us."

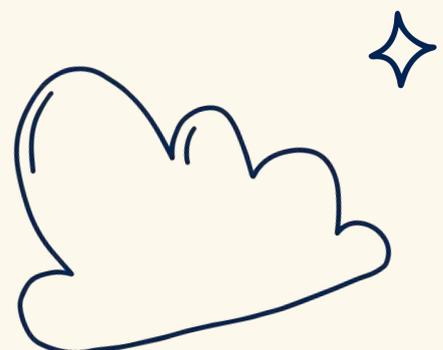
Student, Regional NSW

What is lived experience?

- Someone's personal experience of mental ill-health. Mental ill-health is an umbrella term that includes both diagnosed mental illness/disorders and difficulties with mental health that may not have been formally diagnosed.
- Someone's experience in supporting a person living with mental ill-health.

Program safety

- Our lived experience storytellers receive training and development, with 1:1 coaching to give them the confidence and skills to share their story safely and with impact. Our team is dedicated to their ongoing training and engagement, supporting them pre- and post-each program.
- Our facilitators are provided with ongoing professional training and support to ensure our programs are relevant, relatable, and safe.
- Dedicated teams focus on program evaluation, quality control and tailoring each program to address student needs.
- Each school receives a dedicated coordinator for a thorough needs analysis to ensure each program is safe, relatable and meets students' needs.



Our programs

Discover a suite of batyr@school programs and offerings tailored for students from Year 9 through Year 12, promoting positive conversations about mental health. batyr's offerings integrate face-to-face programs with innovative digital platforms extending to teachers, parents and carers, providing a wrap-around approach to support young people.

batyr@school Standard

 60–90 mins

Note: All students must see this program before seeing any follow-up programs.

The batyr@school standard program is the first of our batyr@school offerings. This program aims to provide students with a positive experience talking about mental health. Picture top 40 music, peer-to-peer banter and interactive activities alongside the chance to hear a young person share their experiences with mental health. Students will gain knowledge and insights on where to seek help and be offered practical tips for maintaining their own wellbeing. The ultimate goal is to empower students with actionable takeaways.

batyr@school+

We recommend boosting our programs with tailored student insights via batyr@school+

Deepen the relevance and impact of batyr's programs with batyr@school+. batyr@school+ integrates batyr's innovative digital platform, OurHerd, with our face-to-face programs to provide data-informed program delivery at no extra cost. This initiative offers students an engaging way to improve their mental health literacy whilst providing valuable insights and wrap-around support for students.



www.schools.batyr.com.au



Look Out For Your Mates

🕒 60–75 mins

Following 'The batyr@school Standard,' 'Look Out For Your Mates' empowers students to support their friends. It addresses fears and equips students with essential skills, including starting a conversation with their friend or someone they are worried about, maintaining personal boundaries, and understanding their role in providing longer-term support.

Stressed Out?

🕒 60–75 mins

'Stressed Out?' is the second follow-up program, focusing on coping with stress and anxiety. Ideal for students entering senior school, it delves into when anxious feelings are beneficial and provides coping strategies. Lived Experience Storytellers share personal insights, equipping students to navigate academic and social pressures.

Future Proof!

🕒 60-75 mins

The final school offering, 'Future Proof!' prepares students to support and maintain their mental health and navigate life beyond school. After engaging with these students since Year 9, this program will prepare students to cope with change and instil confidence in tackling future challenges.

Full-day Program

🕒 Full School Day, 3 sessions

Our full-day program initiates positive mental health conversations and integrates them into the school community. The day involves three sessions, including the batyr@school Standard, a Q&A with mental health experts involving a young person and the school counsellor, and interactive activities exploring resilience, mindfulness, and championing mental health initiatives. Students will gain confidence in supporting each other, helping to foster a resilient and supportive school community.

The Student Chapter

🕒 Across one school term

The batyr student chapter involves diverse student leaders across year groups, working to reduce mental health stigma and drive initiatives within the school community. The chapter's module focuses on cultivating mental health advocates by enhancing literacy and equipping students to positively influence mental health conversations both within their school and beyond.



School community programs

At batyr we believe a holistic wellbeing approach is the best way to see long-term positive impact and we have developed a number of programs for your wider school community.

Parent/Carer Forum

 90 mins

The batyr parent/carers forum gives parents and carers insights into their children's experiences in a batyr program. During the forum, parents/carers can learn from a young person about the impact of parental involvement in their mental health journey, engage in a Q&A with local mental health professionals, and openly discuss the challenges they face as parents and carers. This fosters a safe environment for dialogue, allowing parents and carers to gain a better understanding of supporting their children's mental health and maintaining their own wellbeing.

Teacher Professional Development

 2 hrs face-to-face
90 mins online

batyr's Teacher Professional Development training facilitates open conversations among educators regarding supporting students' mental health within their school community. Teachers will gain insights into batyr's approach to mental health discussions and hear firsthand experiences from a lived-experience storyteller.

The training encourages teachers to explore questions such as 'What is your role as a teacher, and what is not within that role?' and 'How can we empower students to lead their own mental health initiatives?' Teachers will leave the session with enhanced skills to foster a positive and supportive mental health culture within their school community by engaging in discussions and analysing student case studies.



batyr's Resource Hub

batyr's Resource Hub houses a library of tailored resources to help build skills and knowledge in your school community to have safe and positive conversations about mental health.



The resource hub has been developed with students in mind, so they can feel empowered to support their wellbeing and take charge of their mental health.

Some resources for students include:

- Goal planner
- Wellbeing plan
- Self-care toolkit

There are also plenty of resources for parents and carers who would like to learn how to better support young people.

Some resources for parents/carers include:

- How to know when someone might be struggling
- How to check in on your young person
- How to be there for your young person

If you are looking for a program alternative or something to supplement an existing program, look no further than batyr's Resource Hub!

www.batyr.com.au/resource-hub

Let's make this HAPPEN!

For further information, please contact:

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