

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



2 in 5
young people
will experience
**MENTAL
ILL-HEALTH**
(ABS 2022)

Rates of
**PSYCHOLOGICAL
DISTRESS** amongst
young people are
INCREASING
(Hall et al., 2019)

SUICIDE remains
the **LEADING
CAUSE** of **DEATH**
for young people
(ABS 2020)

Stigma, low mental health literacy, and ill-equipped communities,
**stop young people from seeking help and taking charge of their
mental health** before they are in crisis.

How can batyr address young people experiencing preventable
mental ill-health, worsening mental health outcomes (including later
in life), and relieve pressure on communities and the system?

1 Growing the herd

We start by training young community advocates

We provide comprehensive training for young people and carers with a lived experience of mental ill-health to share their stories in a safe and impactful way.

We support young people in creating engaging, positive spaces that educate and normalise conversations about mental health, and help to build stigma free communities.

The **IMMEDIATE OUTCOMES** for the young people we train are:

- 1 Increased skills and confidence to lead positive, safe and engaging conversations
- 2 Increased positive attitudes towards their own journey and reduced self-stigma
- 3 Increased skills and confidence to share their lived experience
- 4 Increased mental health advocacy skills

Young people collaborate with batyr to provide insights and advocate for better mental health services, policies and programs (including our own).

2 Extending our reach

Trained and ready, our Herd reaches out wider to more young people and their communities through youth-led prevention activities, delivered at scale

We share stories of lived-experience of mental ill-health with a focus on hope, resilience, help-seeking and the recovery journey.

We educate by sharing knowledge, tools, strategies and help-seeking pathways that support mental health.

We normalise conversations about mental health through positive and engaging programs and activities.

Leads to **IMMEDIATE OUTCOMES** for those young people and their communities:

- 1 Increased knowledge of the signs and symptoms of mental ill-health
- 2 Greater knowledge of how to discuss mental health, and improved language for how to reach out
- 3 Improved awareness of available services and treatment efficacy
- 4 Greater knowledge of how to navigate the mental health system
- 5 Strategies and self-care practices to maintain a good standard of mental health
- 6 Increased feelings of emotional connectedness and reduced feelings of isolation

Which leads to **INTERMEDIATE OUTCOMES** for those young people:

- 1 Increased positive attitudes towards mental health and self-compassion
- 2 Reduced stigma towards mental health and help-seeking
- 3 Reaching out for support before a state of significant distress or crisis

Which spread to create **COMMUNITY OUTCOMES**:

- 1 Increased understanding of young people's experiences with mental ill-health
- 2 Increased positive conversations about mental health within communities
- 3 Increased community connection and resilience
- 4 Reduced community stigma and increased empathy towards people with mental ill-health

And **SYSTEM OUTCOMES**:

- 1 Reduced presentation and severity of mental ill-health including a reduction in suicides
- 2 Pathways to the most effective support streamlined
- 3 Reduced strain on mental health services

Leading to
**Improved mental health outcomes for
young people and their communities**