

A Mental Health Education and Stigma Reduction Program.

OVER 100,000
students
across
Australia



#ITAIN'TWEAKTOSPEAK
WWW.LIVIN.ORG

LIVINWell SCHOOL PARTICIPANTS



What is LIVINWell In SCHOOL?

A mental health education program designed to break the stigma surrounding mental health and promote positive mental health in school environments.

LIVINWell In School is a 45 minute program building on LIVIN's mantra that "It Ain't Weak to Speak". Delivered by carefully selected, experienced, and highly relatable facilitators with a blend of lived experience and mental health training. Upon completion of the program, students will be equipped with:

- ↑ Conversational strategies to drive stigma reduction.
- ↑ The knowledge to identify warning signs and symptoms of mental health challenges.
- ↑ Practical strategies to help those around them who might be struggling.
- ↑ Effective strategies to help themselves including coping, resilience and stress management.
- ↑ Information on when and where to get professional help.



Did you know that
1 in 7 young people
will experience a
mental health
condition each year ?

HELPING SCHOOLS

Better for one, Better for all.

The program aims to break the stigma of mental health, enhance self-efficacy (both helping yourself and helping others) and encourage help-seeking in the school.



What they're saying

“

“The LIVINWell program was presented to our senior students with the aim of encouraging discussion about mental health and to educate the students about the resources available if they need to speak up. This is the second year in a row we have had LIVIN visit our school. We highly recommend other schools to be a part of this positive movement towards understanding mental illness as it has created awareness surrounding mental illness and highlighted to students that ‘It Ain’t Weak to Speak’.”



- Aquinas College

GET STARTED

Book your program today.

Get the LIVIN Team in your School today,

Book Now

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Did you know, that for
every staff member you
put through

LIVINWell IN WORK

We put 2 students
through

LIVINWell IN SCHOOL

FREE

HELP US HAVE MORE CONVERSATIONS

For many children in Australia, there is no relationship with mental health. Our 45-minute conversation with each young person is life-changing and potentially life saving.

#ITAINTWEAKTOSPEAK

If there is one message
we want people to keep,
it's **#itaintweaktospeak.**

When we are kids, we are told to slip, slop, and slap when it comes to sun protection. We want that same reaction when we talk about mental health. If you're struggling with your mental health or having negative thoughts, protect yourself and reach out for help, because
#itaintweaktospeak

A smiling man in a suit and tie, standing in front of a city skyline at night. The image is dark, with the man's face and suit being the primary focus.

About

LIVIN'

LIVIN is a non-profit mental health organisation that was founded in 2013 in loving memory of our good friend Dwayne Lally who took his own life after suffering in silence with a mental illness.

#ITAINTWEAKTOSPEAK

Vision

“Breaking the stigma of mental health; Improving people’s mental health through early intervention and prevention initiatives.”

Mission



Create a brand that makes mental health relatable and that people can build an enduring relationship with.



Promote positive mental health and wellbeing for people through early education and awareness programs.



Empower people to be open, vulnerable, and engage in conversations.



Increase help seeking behaviours.



Reduce the risk of suicide in the community.

How you can help spread the message?

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