



Empowering
Independence

Headspace Workshop
Feedback – Students
7 & 8 August 2023

Merici hosted a guest presenter from Headspace who facilitated interactive workshops to students across two days which covered a range of topics for different year groups inclusive of:

- Year 7 – Let’s talk about it: Mental Health
- Year 8: Let’s Talk about it: Mental Health
- Year 10 - Standing Strong: Bullying and Mental Health
- Year 11 – Self Care: Looking after your mental Health.
- Year 12 – Transitions: Leaving School

The year 9 cohort did not participate as they were involved in the Youth Aware of Mental Health (YAM) program.

A short survey was sent to students two weeks following their involvement in the program to help gauge student engagement, enjoyment and attainment of the concepts covered.

We had 199 students complete the survey. Of those students, 112 indicated that they would like to be involved in more workshops like that delivered by Headspace and 115 students indicated that they were ‘somewhat satisfied’ with the workshop as represented by the green section of the graph.



In response to the Question, Did you learn any new strategies to assist with managing your own mental health? The largest response was “yes, but I haven’t used any yet”.

● Yes - I have already started usin...	21
● Yes but I haven't used any yet	98
● Yes but I won't be using them	28
● Not I didn't	51



- Majority of students found the content easy to engage with and did not find anything too confronting.
- Some students found it confronting to speak about Bullying, The stress bucket activity and Suicide.
- Some students reported that the workshop generated thoughts about current stressors or challenges in their lives and that this was somewhat confronting.
- Other students reported that the content was quite basic, information that they had heard before and that they would have liked more practical strategies/methods to handle their stress or mental health.

When asked what future topics student would like to discuss/cover in a workshop, the top presenting themes identified were:

- Bullying and friendship problems – including how to effectively apologise and navigate arguments online.
- More information on specific strategies to help when you are experiencing poor mental health
- Self-esteem, positive/negative self-talk, body image
- Study skills, time management, academic stress, pressure to achieve good grades
- Managing your social life and schoolwork
- Anxiety and Stress

Other topics included: depression, family problems, social media use, how to support others experiencing poor mental health, more information about the impacts of poor mental health, current social topics such as ADHD and neurodiversity, homophobia, future transitions and planning for your future.