



Our mission is...

To change the statistics when it comes to mental health issues and our young people.

We are working to prevent the occurrence of bullying, anxiety, depression, eating disorders, self-harm, drug, alcohol & gambling addiction, and youth suicide.

We want to empower our youth to have the skills to use **social media in a safe and positive way.**

We want to impart the message of **emotional intelligence and resilience** and teach the mastery of self-worth – all **central to healthy minds and thriving humans.**

We want to help young people break free from the chains of negative body image and embrace an honestly healthy lifestyle – both mentally & physically.

**We want to give young people
the tools to better support
themselves and each other.**

How do we do it?

We deliver emotionally engaging workshops to young people in both primary school and high school, communities, sporting groups, and organisations.

Our sessions provide practical strategies for **prevention** of mental health disorders, install healthy coping mechanisms, help to build **resilience**, and develop healthy relationships with the self and others.

The content we explore includes:

- An honestly healthy lifestyle defined – both mentally and physically.
- What am I feeling? – An introduction to emotional intelligence.
- Safe Social Media use.
- Leadership & Courage – Anti-bullying & Anti-harassment.
- Resilience & Coping with Stress
- Positive Relationships with both the self and others.
- The empowerment of Self Worth
- Masculinity vs Vulnerability: The risk of toxic masculinity.

Expected outcomes include:

- Detailed & practical strategies for prevention of anxiety, including stress management, coping mechanisms and emotional intelligence.
- Resilience & the importance of such a vital life skill.
- Education on healthy lifestyle practices such as whole food nutrition and physical activity for the mind and not just the body.
- Empowerment to practice gratitude, compassion and kindness – all essential foundations to healthy relationships.

Our high-school programs work in alignment with the Department of Educations' "MindMatters" Curriculum and are recommended for adolescents, both males & females, from the age of 12 – 18 years of age.

Our primary-school programs are recommended for students in Years 5 & 6, aged 10 years and over.

What the stats indicate...

Mission Australia '**Youth Mental Health Survey 2018**' again studied the Mental Health of young Australians aged 15-17 from 2013-16, the findings are;

- * **One** in **five** young people have a level of psychological distress that indicates a probable **serious mental illness**.
- * The top three issues that young people are most concerned about are:
 - Coping with stress
 - School, Study, & extra-curricular pressures
 - Body image.
- * Young people with a mental illness said that they would rather seek help from **friends**...than approach family or seek help anonymously over the internet.

Suicide is the leading cause of death for young Australians aged 15-45 years... Please help us save lives.

For Bookings & Further Information Contact:

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