



Relationships Australia
TASMANIA

Stay ChatTY Schools Program Information and Opt-Out

*note Year 10 students only

Dear Parents/Guardians,

On Thursday November 19th SPEAK UP! Stay ChatTY is visiting St Brendan-Shaw College to deliver the Stay ChatTY Schools Program – a 1.5hr mental health literacy workshop to educate about mental health, keeping mentally fit and helping a friend.

Mitch McPherson established the organisation in 2013 after his younger brother Ty died by suicide. Now, Mitch shares his story, and Stay ChatTY works in schools, sporting clubs and workplaces across Tasmania to promote positive mental health messages.

The Schools Program workshop is grounded in evidence and is aligned with the Australia secondary school curriculum. The Schools Program aims to:

- demonstrate the importance of resilience and sharing emotions;
- increase the understanding of where to find help at school and out in the community; and
- encourage young people to think about how to look after their own mental wellbeing.

Support

Talking about mental health and suicide can be tough. A school support team member (e.g. school health nurse, social worker, psychologist, chaplain) will be in the session with the students if they need help.

If you or your child need help after the session, contact the school or call Kids Helpline on 1800 511 800. If it's an emergency, call 000.

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This workshop is offered to all students in grades 9-12. If you **DO NOT** want your child to attend this workshop, please fill out the below information and send it back to the school. Please complete this before the scheduled session.

I, (your name) _____ **DO NOT provide consent for (child's name) _____ to participate in the Stay ChatTY Schools Program.**

- I have read and understood the purpose of the Schools Program
- I understand that my child will not participate in this activity
- I am aware of support services available to me should my child or myself require additional support

We may also take photos/videos for our Stay ChatTY social media, website, marketing and reporting. If you **DO NOT** want your child to be in photos/videos, please fill out the below information and send it back to the school.

I, (your name) _____ **DO NOT provide consent for (child's name) _____ to participate in the Stay ChatTY Schools Program.**



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If you have any further questions, please email staychatty@reltas.com.au