



Supporting youth mental health through COVID-19 and beyond.

batyr have been empowering students to take charge of their mental health since 2011. Our high impact programs have reached over 200,000 students. We're here to support you and your students through this uncertain time with our new digital offering; batyr@home!

COVID-19 is having a significant impact on schools with many students now learning from home. Supporting the mental health of students and staff is more important now than ever.

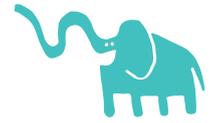
batyr@home is a digital program pack that is completely online. We've taken the key parts of our in person programs and made them digital! It has been designed to be flexible to the changing educational environment that schools are facing.

We will work with you to find a solution that suits your school's needs at this time. Whether that's our activity lesson plans for teachers or selecting educational peer-to-peer live video sessions run by one of our expert facilitators.

Our vision will always remain the same, that all young people are engaged in positive conversations about mental health and empowered to reach out for support when needed.



ABOUT BATYR



who we are

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

Of every 30 students in Australia, 7 will be dealing with a mental health issue, yet only 2 will reach out for support, meaning 5 will suffer in silence.

what we do

We smash the stigma surrounding mental health and empower young people to reach out for support. We help create communities that support young people's mental health and wellbeing.

We provide evidence based peer-to-peer educational programs for the whole school community.

how we do it

We Engage. Educate. Empower.

Engage by young people talking to young people about mental health and wellbeing.

Educate through the sharing of young people's lived experience stories.

Empower young people by giving them the knowledge and skills to lead mentally healthy lives.

BATYR@HOME PACKAGE

Below are all the modules available as part of your batyr@home package! Please chat to your local coordinator for a quote on a tailored package to suit your school's needs

digital lived experience stories

You will receive access to pre-recorded digital stories from our lived experience speakers. Each story comes with a detailed debrief of the story from one of our trained facilitators. This means that the message of hope and resilience within the story will be highlighted and the story will be connected to your students' current experiences. By hearing from one of their peers about how they got through a tough time your students will be more likely to feel empowered to reach out for support when they need it.

batyr's digital 5 tips

batyr's 5 tips to maintain good mental health are important now more than ever, but what do they look like in a COVID-19 world? You will get access to a digital version of the batyr 5 tips, tailored specifically to students looking after themselves within the current physical distancing limitations.

interactive facilitated activities

Not only will you get access to the digital stories and 5 tips content, but we will provide lesson plans for activities to continue to explore the concepts about mental health within your digital classroom. These can be run by yourself as the classroom teacher OR one of our great facilitators can deliver this live for you!

interactive Q&A sessions

We will host interactive Q&A sessions for students and teachers run by our facilitators with mental health experts and lived experienced speakers sharing their knowledge about how to look after yourselves, your students and your colleagues.

ongoing resource support

In collaboration with ReachOut we will provide ongoing resources for school communities to keep mental health in focus.

Let's make this happen!

Get in touch with your local coordinator to find out more:

Sarah Morris

NSW regional community coordinator

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