



**Program outcomes help students identify risk factors and know where to seek help.**

## Mind Blank Mental Health in Schools Program

Mind Blank methodology is created from evidence informed primary prevention practice. Our workshops include young people through interactive theatre to empower them to be proactive about reducing the risk of youth suicide. Young people walk away with practical application of skills to: identify risk factors, stop and think about behaviour choices, and know where to seek help.

**Helpful conversations to debrief from a Mind Blank show.** For more information go to <https://www.mindblank.org.au/help-information/parents-info/>

- How was your day?
- What did you learn from the Show?
- What were some of the themes discussed?
- Is there anything you need help with?

**Mind Blank**  
We aim to reduce the risk of suicide through interactive performances in schools and the community.

Through interactive theatre our shows are fun and light hearted. This provides a fun and safe environment to host non-threatening conversations to learn about how to help a friend in a time of need. Application of program lessons can to increase individual's chances of early intervention and help support students mental health and wellbeing.

**For more information contact 0468912399 or [info@mindblank.org.au](mailto:info@mindblank.org.au).**