



What is Mind Blank Mental Health in Schools Program?

We visit schools and perform our specially-designed interactive show, which tackles important topics surrounding mental ill-health, such as depression and anxiety. 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. Research shows that debriefing after a show can increase educational lessons.



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. What to support our charity? Why not make *donation* today <https://www.mindblank.org.au/donate>. Donations above \$2.00 can be used as a tax deduction.

For more information contact 0468912399 or info@mindblank.org.au.