

Mind Blank High School Pricing Pack



Organisation Insights

Mission,

We empower people to build skills and promote mental well-being in schools, workplaces, and communities.

Vision

We are committed to being recognised as a world leader in the delivery of prevention and early intervention mental health strategies.

Values

Creativity
Commitment
Mindfulness
Integrity
Community



DIY Workshop \$150.00 + gst

- Class plans will be provided for teachers to host a DIY Mind Blank workshop where videos are provided to prompt discussion points and role-play to problem solve some key scenarios to a the story-line.
- This setting is ideal for smaller class sizes.
- Themes available include: cyber-bullying, anxiety, and respectful relationships.
- Only High School content is available.

Program Pricing explained:

- Interactive health promotion & skill-building workshop class plans \$500.00
- Teachers resources and class plans \$250.00

We are on a mission to educate the next to be a more resilient generation and offer highly discounted rates to get our program messages out there!

Total value **\$750.00** per workshop. Current price **\$150.00 + gst.**



Workshop Model \$500.00

+ gst

- Students will take part in a 1 hour mental health education workshop.
- The Mind Blank program facilitator will lead the class through resilience skill-building activities and the promotion of mental wellbeing safe practices.
- Reach up to 30 students per session.
- This is a one-off workshop model that can be tailored towards creating early intervention content links to the curriculum.

Total cost approx. \$16.00 per student depending on the size of workshop group.

Program Pricing explained:

- Interactive health promotion & skill-building workshop \$500.00
- Follow up teachers resources and class plans \$250.00
- Crisis card materials \$5 per student approx. \$150.00

Total value **\$900.00** per workshop. Current price **\$500.00 + gst.**



Live Theatre Model

\$1,500.00 + gst

- Students will take part in a 1 hour mental health promotion workshop. The Mind Blank facilitator will use live actors to support role-play to problem solve key scenarios to the story-line.
- Reach up to 180 students per session.
- School must provide a microphone set up for audiences above 100.

Program Pricing explained:

- Interactive live theatre show \$1,500.00
- Follow up teachers resources and class plans 3x \$250.00
- Crisis card materials \$5 per student approx. \$900.00

Total value \$3,150.00 per show. Current price **\$1,500.00** + gst.

Saving \$1,650.00. Bring the cost down to a total of approx. \$10.00 per student depending on the size of the audience.



Peer Support Model

\$2,500.00 + gst

- A Mind Blank facilitator will come to your school to guide students through a weekly 1-2 hour workshop over a 10x week period.
- By the end of the school term the students will be supported to devise a script about current mental health issues that may be affecting them.
- Students will be supported to then showcase their story to their year group.

Program Pricing explained:

- Interactive health promotion & skill-building workshop \$500.00 x 10
- Follow up teachers resources and class plans 1x \$250.00
- Crisis card materials \$5 per student approx. \$330.00

Total value \$5,580.00 per term. Current price **\$2,500.00** + gst.

Saving \$3,080.00! Bring the cost down to a total of approx. \$12.00 per student depending on the size of the audience. We want to support as many children and young people as possible and this model is a more sustainable option for your school.



Whole School Model

\$9,000.00 + gst

- A Mind Blank facilitator will come to your school to guide a classroom of students through peer-mentoring program each term.
- Students will learn drama, mental health early intervention, and peer-mentoring skills.
- Students will be supported by the Mind Blank team to perform existing program themes tailored to support a whole school approach.

Program Pricing explained:

- Interactive health promotion & skill-building workshops \$500.00 x 40 (10x per term)
- Follow up teachers resources and class plans 1x \$250.00
- Crisis card materials \$5 per student approx. \$1,040.00 per term

Total value \$20,450.00 per year. Current price **\$9,000.00** + gst.

Saving \$21,290.00! Bring the cost down to a total of approx. \$11.00 per student depending on the size of the audience. This program model is a commitment to your school



Online Skill Building

\$10.00 + gst per person

- A Mind Blank facilitator login on an online portal to support groups of students build resilience skills and support positive mental wellbeing practices.
- Students will learn mindful practices such as breathing techniques, laughing yoga, clowning skills, meditation, gratitude journaling, art therapy, and goal setting techniques.
- The focus on the lessons will vary depending on the needs of the children and young people involved. Classes are capped at 25-30 attendees per session.

Program Pricing explained:

- Weekly skill building workshops \$500.00 x 10 per school term
- Crisis card materials \$5 per attendee approx. \$150.00

Total value \$5,150.00 per year. Current price \$300.00 + gst or \$10.00 per person.

We are committed to being recognised as a world leader in the delivery of prevention and early intervention mental health strategies. This program is a gift to the next generation to build more resilient young people to equip them to thrive in uncertainty.



Teachers PD Training \$250.00 + gst per person

- Training session length. 1.5 hour sessions.
- Tools and templates to support further understanding of early intervention mental health practice in the workplace.
- Providing tools and templates to educate best practice methods to support staff when dealing with psychological hazards.
- Ideal 30 attendees.

Program Pricing explained. All program costs go toward covering the following items:

- Facilitated skill building workshop cost
- Program materials and supplies approx.
- Team training
- Content development costs

.Current price \$250.00 + gst per person.



What Are Others Saying About us?

Teachers Feedback

"The show was the best I've seen in my three years at school. The topics covered were age-appropriate and addressed the social skills we need in our area. The students talked about the actors long after they had left, and their presence made a big impact on our students."

"I asked some of my students what they got out of the performance and this is exactly what they said: 'there's always someone to help - you just have to ask. You have to communicate if you want people to know how you feel and to help you.'"

Psychology Professor

"I was really impressed with how such difficult topics were conveyed to young people in a sensible, enjoyable, understandable and accessible way... This event allowed the young people in attendance to connect with serious and often stigmatised topics in a no treating and enjoyable way."



What Are Others Saying About us?

Students Feedback

“When we learnt about mental health before, they said ‘this is what will happen, you won’t be able to concentrate blah, blah, blah.’ But we had a different feeling about it after seeing people act it out and see how it would actually affect people our age, how it would affect their life, even in the smallest details.”

“It was good to have us interact with it because the interaction is a better way to take in information. You’re giving information that you think is correct, and getting it confirmed.”

“It kind of gives you an idea of how something can start out really small. Like one of my friends has depression and you can kind of see how, I don’t know, I kind of have a bigger idea of how it starts out and how it’s not just one big thing that all of a sudden appears”.





Creatively committed to mental health education with mindfulness and integrity.



Help & resources available @
mindblank.org.au

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