



Does your school or service struggle to talk openly about mental health?

Are you looking for a unique way to kick start the discussion?

Mind Blank could be the experience you've been looking for.

How Mind Blank Works



We visit your school or service and perform our specially-designed interactive show, which tackles important topics surrounding mental ill-health, such as depression and anxiety. We are also able to provide online workshops and custom scripts for your community's specific needs.

The story showcases a lived experience with mental ill-health, and asks students to consider what they would do in each scenario. Our hour-long show features three professional youth actors and caters for audiences of up to 150.

You will walk away from the Mind Blank experience with specific knowledge of mental health issues, ways of promoting good behaviour, and tactics for avoiding harm.

Our goal is to provide a fun and safe space to children to build skills and promote well-being practices.

Why Mind Blank?

Theatre use in an educational setting can help students to open up and engage in discussions about their shared experiences and help promote positive change.

The interactive nature of Mind Blank helps audience members reflect on their own personal situations, and come up with solutions that work for them. The audience tries to fix things, and the actors remind the audience that things aren't always so easy to fix.

Is it appropriate for your children?

We are very aware that age matters when it comes to discussing certain topics surrounding mental health. We work hard to ensure that our content is age-appropriate, and that all measures are put in place to ensure children aren't overwhelmed.

Before the workshop, we disclose exactly what type of content the audience will be experiencing, and collect consent forms. We also provide post-performance letters for parents, including a list of questions to continue the discussion at home.

During our school performances, we point out where the teachers and support staff are in the room, to ensure students receive adequate care if they are affected by any of the issues mentioned in the workshop.

Upon leaving the event, audience members are given a 'crisis card' with national helpline numbers, along with a QR code which provides local information tailored to your specific area. For a full list of program themes go to: <https://www.mindblank.org.au/blog-categories/primary>.

What others are saying about us

Teachers



“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.’”

Students



“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 interaction is a better way to take in information. You’re giving information that you think is correct, and getting it confirmed.”

Workshop information

Requirements



- Duration of our workshops is 45min- 1hr.
- Maximum audience size face to face event is 180. Online events are capped to one class room or approx. 30 students.
- If audience is over 100 then 3 x mics would need to be supplied.
- If more than one workshop on the day then we will need at least 30 min duration between workshops.

Rates



To host a program in your school our pricing rates start at \$500 (+gst).

Note: Additional travel costs may apply.

School holiday workshops are available at a \$10.00 (+gst) per head for a 10x day program with a min of 25 attendees.

Does your school want to join the 40,000 students who have already experienced Mind Blank? Make a booking enquiry here:

If you have any questions, get in touch with our friendly team on 0468912399 or drop us an email on info@mindblank.org.au

For more information about our programs visit www.mindblank.org.au

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