

# Mind Blank Information 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



# What Is Mind Blank?



We visit schools and community groups to perform our specially-designed interactive shows and engaging workshops, which tackle important topics surrounding mental ill-health, such as depression and anxiety. We have a range of programs topics and models to choose from and can even customise scripts for your community's specific needs.

What we do is we empower children and young people to take action to support their mental health by educating them through stories of lived experience with mental ill-health. We ask students to consider what they would do in each scenario that is presented to them which is features professional actors.

Program attendee's 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.



# Awards and Recognition



In 2017 Mind Blank's efforts were recognised in winning the Mental Health Matters Award for Mental Health Promotion. The Health Matters Award is a collaboration with the NSW Mental Health Commission and the Way Ahead Association NSW. It was awarded for our Mind Blank for schools programs.



In 2019 Mind Blank was awarded a Mental Health Services award (The MHS Learning Network) for Mental Illness Prevention. This was supportive of our collaboration with TeamHEALTH (Top End Mental Health provider) that hosts an annual mental health awareness tour around Darwin, Palmerston, Katherine, and in rural/remote communities surrounding Kakadu National Park.



Our CEO and Founder, Ally Kelly, has been recognised in the 2021 Suicide Prevention Australia LiFE Awards in the category of Outstanding Contribution for Queensland. This national award showcases the important work of suicide prevention and support of people affected by suicide across Australia.

# Why Do We Exist?



Every 3 hours in Australia more than one person takes their life by way of suicide (Australian Institute of Health and Welfare, 2020), and 15 more 12-17year olds make an attempt (Orygen, 2017).

Due to the above horrific statistics, there is a need to do more to help educate the next generation on how to prevent these figures from getting any worse.

## What Topics Do We Cover?

Here is a list of important topics we can support students with:

- Depression awareness/Suicide Prevention
- Anxiety awareness
- Cyberbullying Prevention
- Undiagnosed mental health issues
- Respectful Relationships

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

For a summary of our program models:



**CLICK HERE**



# Research Highlights

Research was conducted on the Mind Blank program model. A University of Wollongong (UOW) research study was conducted by Kerry A Searle Psychologist Illawarra Shoalhaven Local Health District. Supervisors: Professor Grenyer (School of Psychology, UOW & Scientific Leader, Illawarra Health & Medical Research Institute) & Associate Professor Caputi (Head- School of Psychology & Centre for Health Initiatives Researcher, UOW). 1024 secondary students from a mix of all school sectors in the Illawarra/Shoalhaven region took part in 2012, completed pre- measures and post- measures of a mixed method of qualitative and quantitative analysis.

Key insights on the program:

- It's entertaining
- It's not boring
- Students get to see how mental health issues can develop
- The program helps to reduce mental health stigma and encourages mental health help-seeking action steps.
- Humour is used as a form of play to support the students by creating a safe space to discuss important issues and topics
- Young people like that they have a voice and like exploring the themes interactively rather than being lectured on the topics.

For access to the full research results [click here](#).





# 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”.





# Child & Youth Case Study

This is a story about John. When we meet him he was part of what the teachers described as trouble makers in the school.

**Before the workshop** - Some of the teachers were worried that he would play up during the performance and be destructive to his peers.

**What happened next?** – After the program John was included in the group of students that approached the principle. “It was great! Some of our most challenging year 12 students stopped me in the playground and thanked me for bringing Mind Bank to the school - we all learned so much.”

**John's feedback** - "I thank you for inspiring to face the demons of my past... I consider myself to be a survivor of the battlefield of depression, I look back on things passed and realise I have changed for the better.... Thank you... I'm truly truly grateful to have watched Mind Blank at our school."





Creatively committed to mental health education with mindfulness and integrity.



Help & resources available @  
[mindblank.org.au](http://mindblank.org.au)

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