

A photograph of four teenagers, two boys and two girls, are shown from the chest up. They are all smiling and laughing, looking towards the camera. The boy in the foreground on the left is wearing a light blue button-down shirt. The girl in the foreground on the right is wearing a light blue tank top and is holding a small orange cup. The background is slightly blurred, showing a colorful geometric pattern on a wall.

# **School & Community Mental Health Program Overview**





Suicide is the  
leading cause of  
death amongst  
**15-24 year olds**

Half of all mental illnesses  
experienced in adulthood  
begin **before age 14**

**Depression** and **Social Anxiety**  
are the most common mental  
health disorders in individuals  
under 18

## Why us?

**Mental illness in Australia** has risen **6.5%** over the past two decades, impacting young people significantly more than older individuals. Half of mental health conditions are established by age 14, and 75% start before age 25.

Stigma around mental health remains widespread and often prevents people from seeking help. We all struggle with mental health at times, and if young people fail to learn the right skills early, this can lead to increased risks and struggles throughout their lifetimes.

People often don't know how to articulate how they feel, where to turn for help or what to do when a mental health concern arises. To compound this problem, most mental health programs focus on crisis response. But Mind Blank uses a different approach: **prevention** and **early intervention**.

Mind Blank combines theatre and facilitated discussion to engage young people in difficult conversations around mental health topics. Our team creates a safe environment, engaging participants to share lived experiences and empowering them to take action. By addressing mental health challenges when they first present, participants can get the necessary help early and avoid reaching a crisis state.

# About Us

Mind Blank was formed in 2011 to provide prevention and early intervention mental health training in schools.

Having been raised in a family with several generations of mental health struggles and alarmed by the ever-increasing mental health crisis, Ally Kelly founded Mind Blank to “help as many children as possible”.

Mind Blank programs use storytelling and entertainment to teach people how to maintain their mental health and recognise warning signs of trouble. Professional actors and facilitators use humour to create a safe space, enabling audiences to comfortably have tough conversations.

Mind Blank is the only program in Australia using this unique approach to mental health education. Our programs are accredited by Suicide Prevention Australia and Quality Innovation Performance.

## Our Impact

**519** workshops  
hosted

**50,908**  
participants reached

**16,497**  
hours of support  
provided annually

Over **98%**  
of participants  
enjoy their Mind  
Blank experience

Over **93%**  
of participants  
learn something new  
about help seeking from  
Mind Blank workshops





**Program objective:** Participants learn the foundations of mental health literacy, including how to identify behaviours indicating a mental health concern, support self and others, and access information and resources.

**Methodology:** We understand every school and community is unique. Successful mental health programs require good planning, clear communication and teamwork.

Our Program Manager meets with a representative from your organisation (Principal, Director of Wellbeing, etc.) to determine your specific needs. Based on that conversation, we prepare scripts, train the actors and deliver the performance.

**What you can expect from us:**

- Understand your objectives
- Support established curriculum standards
- Strong communication
- High quality experience for students and staff
- Evidence of knowledge attainment by participants



# Interactive Theatre Performance

(60 minutes, maximum 200 participants)

## Topics:

- Cyberbullying
- Respectful Relationships
- Anxiety and Depression
- Transitioning to/from High School

**Curriculum Support:** Mind Blank School programs support the Australian Curriculum for:

- PDHPE
- Drama / Arts
- Digital Technologies
- General studies: English, Ethics, Civics, Intercultural Understanding, Creative & Critical Thinking

**Takeaways:** crisis cards, teacher resource packs and class plans, self-care checklist

## What the day looks like:

- Introduction
- Setting the scene
- Debrief and discussion
- Self-care and resource explanation
- Wrap-up

## What we need from you:

- Appropriate venue
- 2-3 Microphones (for groups over 80)
- Distribution and collection of surveys (pre and post performance)



## Structured Workshops

(Weekly 60-minute sessions across a term, maximum 30 participants per session)

### Topics:

- Negative self-talk
- Handling stress
- Dealing with emotions
- Self-care strategies and accessing resources

**Curriculum Support:** Mind Blank School programs support the Australian Curriculum for:

- PDHPE
- Drama / Arts
- Digital Technologies
- General studies: English, Ethics, Civics, Intercultural Understanding, Creative & Critical Thinking

**Takeaways:** crisis cards, teacher resource packs and class plans, self-care checklist

### What the day looks like:


- Introduction
- Setting the scene
- Debrief and discussion
- Self-care and resource explanation
- Wrap-up

### What we need from you:

- Appropriate venue
- Distribution and collection of surveys (pre and post workshop delivery)







## **Intensive Structured Workshops (Rural Areas Only)** (2-3 day-long sessions maximum 30 participants per session)

### **Regional areas have mental health needs too.**

At Mind Blank, we believe mental health education should be a collaborative effort, rooted in the wisdom and culture of the communities we serve.

We've worked in rural and remote communities across Australia for over eight (8) years.

Our team is experienced in co-designing intensive workshop programs alongside collaborative partners.

We pride ourselves on teamwork, clear communication and proactive planning.

We understand mental health is connected to cultural identity and community, and we're committed to preserving and celebrating this.

Respecting and honouring the cultural values, traditions and experiences of our community partners is our priority.

[WWW.MINDBLANK.ORG.AU/FIRST-NATIONS](http://WWW.MINDBLANK.ORG.AU/FIRST-NATIONS)

[WWW.MINDBLANK.ORG.AU/COMMUNITY](http://WWW.MINDBLANK.ORG.AU/COMMUNITY)

# Testimonials



## Professor Brin Grenyer OAM

Higher Degree Scientific Director, Neuroscience and Mental Health Research Illawara Health and Medical Research Institute, School of Psychology, University of Wollongong

“I was really impressed with how such difficult topics were conveyed in a sensible, enjoyable, understandable and accessible way... This event allowed those in attendance to connect with serious and often stigmatised topics in a non-threatening way.”



## Melissa Robinson

Project Coordinator, Kempsey Suicide Prevention Coalition

“Mind Blank programs are unique, flexible, and can be adapted to work in a wide variety of schools and communities. Mind Blank provides an excellent opportunity to give our young people a voice. And it teaches them to speak up about what they need in their lives, how to be healthy and keep our communities safe and strong.”



## Flavia Young

Community Engagement Manager, Woodville Alliance

“The Mind Blank team are knowledgeable in mental health and the importance of duty-of-care when working with young people. I appreciated the team’s ability to tailor their performance to the needs of our participants. This was important because I engaged Mind Blank to assist a group of students from refugee backgrounds; some on humanitarian entrant visas, and complex trauma experiences. As English was not the first language for these participants, we needed to use an interpreter. I was impressed with the Mind Blank team. They created a bespoke performance, with gaps for language interpretation, sensitivity to volume and time for reflection and questions.”





Creatively committed to mental health education with mindfulness and integrity.



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

Find us on Facebook,  
Instagram or Youtube

