

# Mental Health Education Program

## Coping with stress related to Covid-19

The headspace Schools 'Mental Health Education Program' offers free educational workshops designed for secondary school students to build mental health awareness, knowledge and skills.

The "coping with stress related to covid-19" workshop is a student focused webinar that runs for approx. 30 minutes and implements a broad range of information on the impact of Covid-19 on mental health and wellbeing. This is facilitated through an interactive presentation platform utilising activities, resources, quiz questions and group discussions.

### Webinar Learning Outcomes:

- Impact of COVID-19 on stress
- Common responses to stress
- Realistic and helpful coping strategies
- The range of supports available

For more information about hosting sessions at your school, please contact:

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