

# HELPING me, HELPING YOU



**Subject:** Support Services

**Topic:** Online and offline support

**Year level:** 8

**Lesson duration:** 50 minutes

## Materials / equipment:

- Students using individual laptops with headphones
- Access to a data projector to play Beyond Blue clip/s or to project the infographic
- Activity sheet: 'Support Agencies – Offline' and 'Support Agencies – Online'
- Helping Me, Helping You infographic (use as reference)
- Cyber Savvy student website (Helping Me, Helping You) [http://cybersavvy.com.au/mod3\\_helping\\_me/](http://cybersavvy.com.au/mod3_helping_me/)

## Lesson objectives:

By completing this activity students will have explored a variety of online and offline help-seeking avenues available to them and how to access these.

Reminder: Ask how many students have downloaded the 'Image Up' app and encourage them to use it. Remind students that help seeking sites are listed in the App.

Content	Time
Discuss the 'take home activity' if students were asked to complete it.	5 mins
1. Review the previous help seeking lesson with students. Remind students of the scenarios they developed in the previous session and explain that they will be further exploring other help-seeking avenues available.	5 mins
2. Often young people ask their friends for help or sometimes they might notice a friend is not behaving in the same way they normally do. Discuss with students what actions they can take to support their friends. Show clip Youth Beyond Blue – how to talk about it: 4 mins – <a href="https://www.youtube.com/watch?v=uKZKo2qMXaE">https://www.youtube.com/watch?v=uKZKo2qMXaE</a> (This is an external website/YouTube link which may contain advertising content that is not appropriate for students. Check the link before showing to students.)	5 mins
3. Discuss how there are both offline and online help places available for young people.	10 mins
4. Support Agencies – Offline (activity sheet) <ul style="list-style-type: none"> <li>• Tell students that they will first be exploring offline help agencies. Ask them to search their local area and record the services they find by using the following website: <a href="http://www.beyondblue.org.au/get-support/find-a-professional">http://www.beyondblue.org.au/get-support/find-a-professional</a></li> </ul>	10 mins
5. Support Agencies – Online (activity sheet) <ul style="list-style-type: none"> <li>• Direct students to the Cyber Savvy website: <a href="http://cybersavvy.com.au/mod3_helping_me/">http://cybersavvy.com.au/mod3_helping_me/</a> Ask them to visit the support service sites shown on the activity sheet and record what information and support each site offers.</li> </ul>	15 mins
6. Return to original scenarios students developed in the previous help seeking lesson. In pairs, work out other ways of supporting your friend using information from the Beyond Blue clip.	5 mins
7. Encourage students to reflect on which search terms would provide students the service/support they need (e.g. 'youth help'; 'support services for youth'). In small groups ask students what words would be the most effective search terms to find these support services? Each group to propose 4 words they found helpful when searching.	10 mins

# HELPING me, HELPING YOU



## Take home activity (Optional):

Give your parents / carers a tour of two of the websites you found the most helpful that were explored in the lesson and list three areas in each website your parents / carers found most interesting.

## Additional resources

*\*Please note that these are external websites/YouTube links which may contain advertising content that is not appropriate for students. Make sure to check all links before showing to students.*

Website	Explanation
<a href="https://www.youtube.com/watch?v=uKZKo2qMXaE">https://www.youtube.com/watch?v=uKZKo2qMXaE</a>	Youth Beyond Blue – how to talk about it
<a href="http://www.youthbeyondblue.com/help-someone-you-know/supporting-a-friend">http://www.youthbeyondblue.com/help-someone-you-know/supporting-a-friend</a>	Youth Beyond Blue – information on how to support your friend.
<a href="http://resources.beyondblue.org.au/prism/file?token=BL/0114">http://resources.beyondblue.org.au/prism/file?token=BL/0114</a>	Getting help – how much does it cost?
<a href="http://www.beyondblue.org.au/get-support/find-a-professional">http://www.beyondblue.org.au/get-support/find-a-professional</a>	Find a health care practitioner near you.
<a href="http://cybersavvy.com.au/mod3_helping_me/">http://cybersavvy.com.au/mod3_helping_me/</a>	Cyber Savvy website – Helping Me, Helping You student module

## Support agency website links

email: [infoline@beyondblue.org.au](mailto:infoline@beyondblue.org.au)

[www.lifeline.org.au](http://www.lifeline.org.au)

[www.youthbeyondblue.com](http://www.youthbeyondblue.com)

[www.sane.org](http://www.sane.org)

[www.mmha.org.au](http://www.mmha.org.au)

[www.kidshelp.com.au](http://www.kidshelp.com.au)

[www.menslineaus.org.au](http://www.menslineaus.org.au)

[www.suicidecallbackservice.org.au](http://www.suicidecallbackservice.org.au)

[www.suiceline.org.au](http://www.suiceline.org.au)

[www.relationships.com.au](http://www.relationships.com.au)

[www.headspace.org.au](http://www.headspace.org.au)

[www.blackdoginstitute.org.au](http://www.blackdoginstitute.org.au)

[www.virtualclinic.org.au](http://www.virtualclinic.org.au)

[www.counsellingonline.org.au](http://www.counsellingonline.org.au)

[www.reachout.com](http://www.reachout.com)

[www.reconnexion.org.au](http://www.reconnexion.org.au)

<http://oyh.org.au/>

<https://www.inspire.com/>



# HELPING me, HELPING YOU



## Student Activity Sheet:

### SUPPORT AGENCIES - OFFLINE

Search online to find some of the following in your local area: Doctors, Psychologists, Psychiatrists, Hospitals, Headspace, other mental health services.

Here's a tip: try this website to search your local area: <http://www.beyondblue.org.au/get-support/find-a-professional>.

**NAME OF AGENCY**

---

Type of support offered

---

Issues covered

---

How to access

**NAME OF AGENCY**

---

Type of support offered

---

Issues covered

---

How to access

**NAME OF AGENCY**

---

Type of support offered

---

Issues covered

---

How to access

**NAME OF AGENCY**

---

Type of support offered

---

Issues covered

---

How to access

**NAME OF AGENCY**

---

Type of support offered

---

Issues covered

---

How to access

**NAME OF AGENCY**

---

Type of support offered

---

Issues covered

---

How to access



# HELPING me, HELPING YOU

## Student Activity Sheet:

### SUPPORT AGENCIES - ONLINE

Visit the four online support agency links listed below and explore the support services offered by each agency.

- www.youthbeyondblue.com
- www.kidshelp.com.au
- www.headspace.org.au
- www.reachout.com

**NAME OF AGENCY**

---

Type of support offered

---

Issues covered

---

How to access

---

**NAME OF AGENCY**

---

Type of support offered

---

Issues covered

---

How to access

---

**NAME OF AGENCY**

---

Type of support offered

---

Issues covered

---

How to access

---

**NAME OF AGENCY**

---

Type of support offered

---

Issues covered

---

How to access

---