

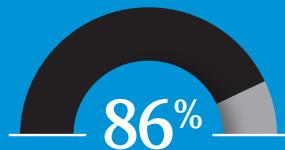
Why is Be You important?



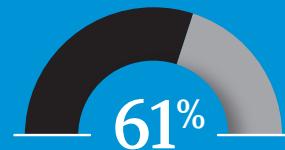
Be You is a Commonwealth funded program to support early learning services, primary and secondary schools with addressing the mental health and well-being of young Australians.



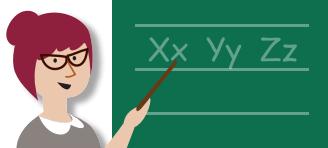
Educators recognise that mental health is a key health issue for their young people



of educators nominated depression, anxiety and other mental health problems as one of the top 3 major health issues facing children and young people in Australia



of educators said *anxiety disorders* were the most common mental health issue for children and young people



How will Be You help educators?

Launched in November 2018, Be You aims to provide educators with the skills, tools and strategies to ensure the best possible mental health for children and young people nationwide.

63%

of educators said they have the confidence to address the mental health needs of learners but...

48%

also agreed that they lacked the necessary skills or training to address learners' needs

46%

agreed they had difficulty knowing when it is appropriate to provide support

To bridge the gap between intentions and behaviours about learners' mental health



Current behaviour



Future intentions

Initiating a conversation about a learner's mental health

■ With learner ■ With carer

To build capacity within schools and learning centres, aimed at all members of the learning community rather than individuals alone.



Be You provides an integrated approach to support the mental health of learners, which is based online, flexible and time efficient.



Based on an online survey conducted in October 2018 from 431 respondents from early childhood learning centres (n=79), primary schools (n=184), and secondary schools (n=168). Respondents ranged from teachers, aides, coordinators, principals, managers and health and well-being support staff. The research was conducted by Ipsos and commissioned by Beyond Blue.