



Local activities and programs supporting youth well-being and mental health

2024 school year



Compiled by **Mindful Margaret River** for distribution to community networks, school communities, local services and families. The purpose of this resource is to enable the community to become more connected and aware of opportunities for youth to engage and connect. This document can be added to at any time, please email Mindful Margaret River at erin@mindfulmargaretriver.org.au



Produced by Mindful Margaret River on Wadandi Noongar Boodjar.

Our unwavering vision is to create a resilient and compassionate community where social and emotional well-being is the shared responsibility of each and every individual. We are determined to eradicate the stigma surrounding mental health challenges by fostering a culture of understanding and empathy. We stand resolute in our mission to build a mentally healthy community, where every person feels seen, heard, and valued.

Thank you to all the community members, schools, services and allies that helped us bring this resource together.

Mindful Margaret River is funded by:



FRRR
Foundation for Rural
Regional Renewal



Peer support and outreach

Youth Advisory Council

The Margaret River Youth Advisory Council (YAC) are a group of young people aged between 12 and 18. We organise and run events at the Margaret River Youth precinct and all over the southwest to create exhilarating and memorable times for local youth.

Cost: Free Contact:

Aloha Fritsch Email: afritsch@amrshire.wa.gov.au

Times: Every Wednesday from 3.30–5pm Location: Zone Room, Youth Precinct

Q-Squad

Q-Squad Margaret River. A LGBTQIA+ youth support alliance for the MRSHS students. Working towards an inclusive safe school. Be part of the constructive celebratory conversation and leave bigotry at the door.

Cost: Free

Contact: Carolyn Ralph, 0400 739 488 Times: School hours.

Concrete Club

Cost: Free

Contact: Jacque Ashworth 0409 821 293 – Email: concretesk8club@gmail.com

Times: Wednesdays and Thursdays from 10am – 6pm.

Location: Zone Room, Youth Precinct

Accord West Outreach to Margaret River Family and relationship service, all ages to help individuals and families. Provides counselling, parenting advice and education, mediation. Tenancy Advice education service; advocacy, casework and conciliation to tenants, community education. Drug and Alcohol program: Counselling for young people (12-35 years) individuals and family, casework, information and education, advocacy.

Cost: Free

Phone: 9729 9000 and speak to intake officer.

Email: clientservices@accordwest.com.au

Times: by appointment Location: MRCC

JSW Training and Community Services Outreach to Margaret River Youth South West Program for young people (12- 18 years) Parent/teen conflict, bullying, legal issues with court or youth justice, school work, Substance abuse, referral to other service, employment/training, sexual health.

Cost: Free -

Referral Form needed.

Phone: 0456 409 049 Email:

ysw@jsw.org.au

Time: by appointment

Schools based and partnership programs

Triple P – Positive Parenting Program

The Fear-Less Triple P program is a cognitive-behavioral parenting intervention that supports parents to help children manage their anxiety more effectively. The program encourages parents to generalize strategies to all family members, not just the child of concern. It is part of the Triple P Positive Parenting Program which aims to provide parents with a toolbox of strategies, skills, and knowledge to manage anxious feelings and stop unnecessary worrying. The program is developed by clinical psychologists and is based on extensive research with families of anxious children

Augusta Primary

Triple P – Positive Parenting Program Fear-Less Triple P seminar (for 7-14 yr. olds).

Coordinator: Katherine Hardegan, 9781 5100

Cowaramup Primary

[Triple P – Positive Parenting Program](#) Fear-Less Triple P seminar (for 7-14 yr. olds). Contact the school for more information: 9756 5400

[School Chaplain](#)

Contact: Ryan.gianola@education.wa.edu.au

Karridale Primary School

[Triple P – Positive Parenting Program](#) Fear-Less Triple P seminar (for 7-14 yr. olds).

[School Chaplain](#)

Sharon Doyle 9721 5150

[Karri Kids](#) play group every Thursdays from 9.30 –11 am at the Primary School during school term only – find it on [Facebook](#) or contact the school for more information.

Margaret River Primary

[Triple P – Positive Parenting Program](#) -

Focus for the MRPS is to make this program more accessible in shorter targeted session for parents.

The Triple P – Positive Parenting Program is one of the most effective evidence-based parenting programs in the world, backed up by more than 35 years of ongoing research. Triple P gives parents simple and practical strategies to help them build strong, healthy relationships, confidently manage their children's behavior and prevent problems developing.

Margaret River Independent School

[Wellbeing Officer](#)

Julia Knight contact 9757 7515 or office@mris.wa.edu.au

[School Chaplain](#)

John Francis
– contact office@mris.wa.edu.au or 9757 7515

Rapids Landing Primary School

[Triple P – Positive Parenting Program](#) Fear-Less Triple P seminar (for 7-14 yr. olds).

Contact: 9757 8200 or Hayley.kirkup@education.wa.edu.au

[School Chaplain](#)

Jesse Condron Contact :
jesse.condron@education.wa.edu.au

South West Regional Education Office

Participation Coordination

Referral through the local school, Home Education, the TAFE's or families for youth that have decided to pursue alternative pathways or have completely disengaged from school. Years 11-12 only. Role of PC is to support and monitor the transition into another full time pathway, such as further education, training, employment, apprenticeship/traineeship etc.

PC links young people into other services for ongoing support if needed and monitor them until they become post-compulsory school age (end of year 12 or turn 18 years).

Program for years 11-12

Contact: Kate Carter Email: kathryn.carter@education.wa.edu.au

Margaret River High School

Student Services monitor students' well-being, behaviour & attendance, working with students, parents and teachers to modify inappropriate behaviour and encourage acceptable behaviour; the monitoring of student progress; Pastoral and academic counselling; Parent contact regarding student counselling and referral; Monitoring of student mental and physical welfare; New student induction; Organisation of proactive and student social events; (eg Sisterhood, Yeah the Boys, Man-up, Leavers' Seminar, School Ball, Graduation Dinner, Student Council activities, Reward Days); Management of the Health Department's Immunisation Programme.

Main Desk: 9757 0745 & 9757 0795

Mrs Sue Buckland
Senior School Engagement Program (SSEP)
Susan.Buckland@education.wa.edu.au

Ms Renee Kittle School Nurse (Mon/Tues/Wed/Thurs)
Phone: 9757 0719

Renee.Kittle@health.wa.gov.au

Mrs Wendy Coffey Student Support Officer, Cadet Coordinator & Rock and Water Instructor
Phone: 9757 0713

Wendy.Coffey@education.wa.edu.au

Ms Kathryn Seisun Mentor Coordinator & School Chaplain (Tues/Wed)
Phone: 9757 0742

Kathryn.seisun@education.wa.edu.au

Ms Cath Elliott Mentor Coordinator & School Chaplain (Thur/Fri)
Phone: 9757 0742

Cathryn.Elliott@education.wa.edu.au

Big 10 day

Join MRSHS as we focus on the BIG 10 Positive Emotions: Joy, Gratitude, Serenity, Interest, Hope,

Pride, Amusement, Inspiration, Awe & Love.

In addition to just “feeling good”, among the many psychological benefits, the experience of positive emotions broadens our mind, increases creativity, and makes us more resourceful and more resilient towards things like stress, which, in turn, positively affects all areas of our life, including our satisfaction at work, our social connections, work productivity and more. Just imagine how positive emotions can contribute to our engagement.

Looking for community PARTNERS to be engaged and host a stall to interact with students.

Cost: Free

Contact: Melanie Chapell, year 12 coordinator Email: melanie.king@education.wa.edu.au

Date: TBD – TERM 4 Location: MRSHS

[Mentoring program – VOLUNTEERS NEEDED](#)

MRSHS ED-Connect Mentoring Program: Do you have a spare 1 HOUR a week and an interest in sharing your life experience with a young person? Do you want to make a difference and provide some extra help and guidance to a young person? Margaret River SHS has run a successful Mentoring program for over 15 years. There is also currently a mentoring program at Karridale and Augusta Primary Schools.

Contact: Kathryn Seisun kathryn.seisun@education.wa.edu.au

[Breakfast Club](#)

Every Friday between 8am and 8:55am at the school farm for music, toasties, fruit and milo. FREE

Headspace

[School Leavers education](#) High School, Term 4 –
They can go to any school, they only need be contacted.

Community based programs

Growing Resilient Kids – a workshop series for parents with Josh Langley

A series of 4 workshops showcasing the skills and abilities that can best build mental and emotional resilience in kids aged 5 to 12.

Each workshop explains why the topics are important and then how they can easily be taught to kids.

Week 1: Parent and Kids Big Feelings Workshop + learning feelings and emotions

Outcomes: Parents will learn to understand their own big feelings and then help their kids understand their own big feelings.

Week 2: Developing Self-awareness and Self-acceptance

Outcomes: Learn why self-awareness and self-acceptance can provide a foundation long term mental wellbeing.

Week 3: Simple ways to build resilience.

Outcomes: Learn how to put mistakes and failures in perspective and provide simple strategies to help with overthinking.

Week 4: Building kindness and empathy, creativity, curiosity, and gratitude.

Outcomes: Discover how by implementing kindness, empathy, creativity, curiosity, and gratitude into daily life can help with anxiety, depression, and negative cycles of thinking.

Dates: Monday 10 June, 17 June, 24 June and 12 July 2024.

Time: 6pm

Venue: Margaret River Men's Shed

Cost: This workshop is usually \$350 per person, Mindful Margaret River is subsidising it for community members for only \$40 or free if you have a HCC or PCC. Please contact MMR to make an expression of interest for a place. There are only 20 places available and you must be able to commit to all the workshops. erin@mindfulmargaretriver.org.au or 0448 760 737

About the facilitator: Josh Langley is an award-winning children's author, child wellbeing advocate and developer of the Inspiring Kids programs which are used by parents, schools, and child psychologists. He's renowned for making complicated concepts, super simple and fun to understand.

Shire of Augusta Margaret

Pride celebrations

November TBD

SAMM Fest

November TBD with be an event focussed on Skating, Arts, Music and Mental Health. This is a free annual shire-run event every November in the Youth Precinct making use of the skate park.

Contact Aloha Fritsch or more information

08 9780 5214 afritsch@amrshire.wa.gov.au

Youth Trainee

The trainee role is a 12-month long position filled annually by a Year 12 graduate who works with Shire staff on projects around youth development, community engagement, event planning and communications.

Aloha Fritsch is our Youth Trainee for 2024.

<https://www.amrshire.wa.gov.au/services/community-development/youth>

Undalup Associations

[Undalup surfing.](#)

Through the development of genuine partnerships, the Undalup Association together with Surfing WA and Josh Palmateer's Surf Academy presented the "Wadandi Surf Academy". A six-week workshop for the local Indigenous Youth from the region's High Schools, who participate in the surfing workshops with the ultimate goal of competing in future Indigenous surfing events. This all-inclusive program will help introduce the Koolungas in surfing and at the same time reconnect them with their Culture.

Available to local Indigenous kids attending Margaret River Senior High School.

[Undalup Ranger Program](#)

The Undalup Association Inc in partnership with Act-Belong-Commit and Mentally Healthy WA, together we provide support for a positive state of mental health and well-being for all. We respect and promote the local Culture, create collaboration and communication amongst all, educate and share Cultural knowledge to encourage ways to build better working relationships with each other with a greater understanding of Caring for Country and our Coastlines, aiming to achieve great outcomes that provide social and economic benefits for our community.

The positive outcome of the Undalup Community Ranger program is for all participants to gain as much knowledge and qualifications during the program, with the education requirements to become a future ranger and to be employed in a ranger position.

The Undalup Wadandi Ranger program is open to participants with Aboriginal heritage. Participants will have the opportunity to be employed by the Undalup Wadandi Ranger program which will be a pathway to finding employment in Conservation organisations.

Training workshops for parents, carers and school staff

All training can be found online at: <https://mindfulmargaretriver.org.au/events/>

[Youth Mental Health First Aid Training](#)

The Youth Mental Health First Aid course is for adults working or living with young people between 12 and 18 years.

This training is a 2 day course and both days must be fully completed to receive a certificate. Mental health issues can often emerge in adolescence or early adulthood and it is important to identify the signs and symptoms early to ensure the young person is properly supported. The Youth Mental Health First Aid (YMHFA) course teaches adults who have frequent contact with youth, such as parents, guardians, school staff, sport coaches and youth workers, how to assist young people with emerging mental health issues or in a mental health crisis.

- 14-hour (2 day) YMHFA course.
- Participants will learn about adolescent development and the signs and symptoms of mental health issues, how and where to get help, and what sort of help has been shown by research to be effective.
- Course topics cover: developing mental health problems, depression, anxiety problems, psychosis, eating disorders and substance use problems, as well as suicide and other mental health crises.
- Participants receive a copy of the YMHFA Manual 4th Edition.
- Participants are eligible to become an accredited Mental Health First Aider.

If you are interested in attending the workshop in Margaret River, please contact us at erin@mindfulmargaretriver.org.au

Gatekeeper Suicide Prevention Training

Gatekeeper Workshops are for participants who are professionals or para professionals whose role brings them in to regular contact with people at risk of suicide.

Provider: Mental Health Commission – Government of Western Australia through St John of God

Date: May 17 & 18 2024 Venue: Margaret River HEART, studio theatre

Contact and more information: [Mental Health Commission – Suicide Prevention Training](#)

LivingWorks Start (Online, self paced)

LivingWorks Start is a 90-minute online training program for all Australians 15 years and over to learn how to recognise when someone is having thoughts of suicide and respond to keep them safe. Cost: \$39.95

[Booking and more information](#)

safeTALK

[safeTALK](#) is a half-day alertness workshop that prepares anyone over the age of 15, regardless of prior experience or training, to become a suicide-alert helper. Most people with thoughts of suicide don't truly want to die, but are struggling with the pain in their lives. Through their words and actions, they invite help to stay alive. safeTALK-trained helpers can recognize these invitations and take action by connecting them with life-saving intervention resources, such as caregivers trained in ASIST.

Workshop features:

- Presentations and guidance from a LivingWorks registered trainer
- Access to support from a local community resource person
- Powerful audiovisual learning aids
- The simple yet effective TALK steps: Tell, Ask, Listen, and KeepSafe
- Hands-on skills practice and development

If you are interested in attending a safeTALK, please contact Erin on 0448 or erin@mindfulmargaretriver.org.

If you have a workplace or community group with at least 12 interested participants, we can do a workshop for your group. Please contact Erin for more information.

StandBy

If you are interested in any of the below StandBY workshops, please email Hayley Harris (standby.southwest@anglicarewa.org.au) or if you want to attend organise one for our community, in the work place or in a community group, please contact Erin from MMR Phone: 0448 760 737

[What do I say? What do I do?](#) (3hr workshop)

Designed for: All community members. Can be delivered as part of work-place professional

development for staff.

Purpose: To increase understanding of suicide bereavement and learn basic support skills.

Topics covered:

- Postvention
- Crisis, trauma and grief
- What makes suicide different from other sudden death
- Beliefs and values
- Support approaches and best practice
- Self-care

[Supporting Children and Young People impacted by suicide](#) (3hr workshop)

Designed for: Service providers and professionals who work with children and young people.

Purpose: To increase understanding of the impact of suicide on children and young people and how best to support them during postvention activities.

Topics covered:

- Discuss the impact of trauma and grief on children and young people
- Protective factors and considerations for support
- Maintaining routine/returning to school
- Sample activities, available resources and services
- Self-Care

[Pathways to Care workshop](#) (full day workshop)

Designed for: First Responders, GPs and other front line responders, schools, community organisations, community suicide prevention action groups.

Purpose: To engage organisations to participate in developing a strategic and planned approach to suicide postvention within their community to support those bereaved or impacted by suicide.

Topics covered:

- Postvention
- What is suicide and its impacts
- Crisis, trauma and grief
- What makes it different from other sudden deaths
- Work through a case scenario to determine how the community may respond
- Self-Care

[Mindful Margaret River](#) will provide this training in partnership with schools, community groups, the Shire and any interested community individuals interested in this training. Please contact Erin Statz to register your interest in SafeTALK 0448 760737 or erin@mindfulmargaretriver.org.au

Existing services for youth and families

Lifeline 24/7 support and advice Confidential one-to-one with a trained Lifeline Crisis Supporter

Free call: 13 11 14 Texting service: 0477 13 11 14

Chat online:

<https://www.lifeline.org.au/crisis-chat/>

Standby

The StandBy program is focused on supporting anyone who has been bereaved or impacted by suicide at any stage in their life, including Individuals, families and friends; witnesses.

StandBy is accessible 24 hours a day, seven days a week, providing free face-to face and/or telephone support at a time and place that is best for everyone.

The program offers coordinated evidence-based support and resources (including connections to local services and groups) that is individualised for each person's unique circumstance. This support is continued for up to two years to ensure those that engage with StandBy are not alone and receive ongoing support.

StandBy builds community preparedness and resilience through extensive training to community and professional groups to ensure effectiveness and that duplicated effort is avoided. The program is also ideally placed to offer a settings-based approach, providing group support after a suicide for schools, workplaces and community groups.

South West Coordinator: Hayley Harris

Email: standby.southwest@anglicarewa.org.au

Web: [Home - StandBy \(standbysupport.com.au\)](#) standbysupport.com.au

South West Counselling

Counselling - For families and children, relationship issues, Depression, Anxiety, Stress, Bereavement, Family Separation, Trauma, Family and Domestic Violence, Grief, Self Esteem Issues, Health Issues. Cost:

low cost or free, contact them to discuss

Contact: Phone (08) 9754 2052 - Email admin@swcounselling.org.au

Location: Margaret River Community Centre Times: by appointment

RADIANCE

Peer support group

For women in Margaret River with young children needing support.

Cost: Free Contact:

Phone 0490 094 994 – Email: admin@radiancesouthwest.com.au

[Headspace Margaret River](#)
[Headspace support young people](#)

12-25, no referral is needed.

Cost: Free Contact: 6164 0680

Location:

36 Station Road, Margaret River Times: by appointment

Community Child and Adolescent Mental Health Service (WACHS) Busselton

[Mental health assessment](#), Diagnostic clarification, collaborative treatment and planning, mental health education and brief intervention.

Cost: Free Contact:

Phone: 9722 4300 – Email: WACHS – SWCAMHSadmin@health.wa.gov.au

Time: By appointment

Relationships Australia

[Tuning into teens](#) being facilitated by Relationships Australia, Deb Woods – 5 week parenting program online. In progress.

[4Families](#)

All families go through life's ups and downs. The downs can create worry, stress and tension within the family. You might be concerned about your children's mental emotional and social wellbeing.

You are not alone. Often families need support to get through the tough times.

How can we help?

4families is a free service that provides whatever support families and carers need, linking them to a variety of services to reduce family stress and enable children and young people to reach their full potential.

We can provide:

- Counselling and emotional support
- Information and referrals
- Psychosocial support and case work
- Workshops, seminars and groups
- Community development activities
- Support for grandparents and carers

We focus on prevention and early intervention by addressing issues that affect the mental and emotional well-being of children and young people.

Where families and carers need more assistance, we will actively work with other services including schools, community organisations, Centrelink and mental health services.

Contact: 6164 0600 Web:

www.relationshipswa.org.au/Services/Parenting-and-Family-Relationships/4Families

Counselling - We provide counselling for families, including group and individual sessions, and are experienced working with families from a range of social circumstances and cultural backgrounds. Cost on a sliding scale depending on income. Generally counselling face-to-face is most effective. However we realise that sometimes you may not be able to visit one of our locations. In this case please call 1300 364 277 to arrange for counselling support via phone or online.

Accord West

Outreach to Margaret River Community Centre - FREE Family and relationship service, all ages to help individuals and families. Provides counselling, parenting advice and education, mediation. Tenancy Advice education service; advocacy, casework and conciliation to tenants, community education. Drug and Alcohol program: Counselling for young people (12-35 years) individuals and family, casework, information and education, advocacy.

Cost: Free Phone: 9729 9000 and speak to intake officer.

Email: clientservices@accordwest.com.au

Times: by appointment Location: MRCC

JSW Training and Community Services

Outreach to Margaret River

Youth South West Program for young people (12- 18 years) Parent/teen conflict, bullying, legal issues with court or youth justice, school work, Substance abuse, referral to other service, employment/training, sexual health.

Cost: Free - Referral Form needed.

Phone: 0456 409 049 Email:

ysw@jsw.org.au

Time: by appointment

LAMP

Supporting people with mental illness as well as their families, friends and carers to ensure an inclusive quality lifestyle and recovery process.

From activities in the communities of the Greater South West Region, to home-visits, to on-site sessions in Busselton and Margaret River, we are here to help you where you are at.

Contact: 9754 1834

About Mindful Margaret River

Our mission is to foster a resilient and connected community by building social capital around mental health. We believe that strong social networks, trust, and collaboration are essential for well-being. Through education, advocacy, and support, we aim to empower individuals, families, and communities to create a web of support that promotes mental health, reduces stigma, and ensures that no one faces mental health challenges alone.

Who we are

Mindful Margaret River is a not-for-profit association of volunteers, mental health professionals, government agencies, and community members working together to promote good mental health and wellbeing in Augusta Margaret River.

What we do

Advocacy and Education: Our educational initiatives aim to reduce stigma by providing accurate information about mental health conditions, coping strategies, and available resources.

Community Engagement: By organizing workshops, seminars, and events, we create spaces for dialogue, support, and connection.

Social and Relationship Capacity Building: Our role involves connecting individuals, families, and communities to build a supportive environment.

Resource Coordination: Our organization helps streamline access to resources, ensuring people receive timely support.

Empowerment and Resilience: Through peer support, skill-building, and resilience-building programs, we promote self-advocacy.

Advancing Policy and Systems Change: Advocacy efforts focus on policy changes, funding allocation, and equitable access to care.

Youth Collaboration Team

Mindful Margaret River seeks to promote children and youth wellbeing. We collaborate closely with families, schools, and local educational institutions. By providing resources, workshops, and support, we enhance the well-being of children and youth within the broader community.

All community members are welcome to become part of our youth collaboration team.

To become a stakeholder or a volunteer with Mindful Margaret River visit our website at:

www.mindfulmargaretriver.org.au

Or contact us Email: erin@mindfulmargaretriver.org.au