

Leading mental health in education

According to educators, mental health issues are the most significant challenges that children and young people face. By adopting a whole-setting approach, learning communities are making meaningful, long-lasting change to the mental health and wellbeing of learners.

94%

of educators agree that **'Good mental health and wellbeing is a pre-condition to learning'**

93%

of educators agree that **'It is my responsibility to support children and young people's social and emotional development'**.

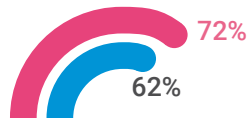


Be You provides Planning and Implementation Tools, plus specialist support from Be You Consultants to help early learning services and schools implement an evidence-based whole learning community approach to mental health and wellbeing.

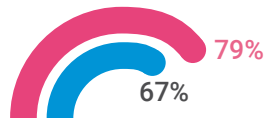
Evidence shows that involving everyone at your early learning service or school in supporting wellbeing will help you achieve the best mental health outcomes – **Be You can help you do this.**

Educators using Be You are more likely than non-Be You educators to:

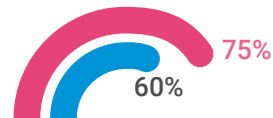
● Be You ● Non-Be You



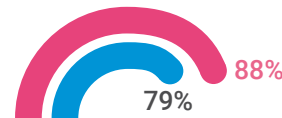
Feel confident recognising the signs and symptoms of mental health issues



Feel confident about supporting a child or young person with a mental health condition



Know how to initiate conversations with parents and carers about mental health



Feel confident intentionally teaching social and emotional learning skills



Schools and early learning services that participate in Be You are more likely than those that do not participate to:

● Be You ● Non-Be You

Have leadership teams that actively support the wellbeing of educators and other staff



Have leadership teams that encourage educators to support children and young people experiencing poor mental health



Have staff who actively contribute to a 'whole setting approach' to raise awareness of mental health in their learning community



Learn more about how to implement Be You in your learning community: beyou.edu.au/get-started

Based on results from the 2023 National Mental Health in Education Survey of 3,470 respondents including 971 early learning educators, leaders and support staff, 2,369 school teachers, leaders and support staff and 130 pre-service educators across Australia. All comparisons are statistically significant at 95% confidence level. Research conducted by Quantum Market Research for Beyond Blue.



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