Be You is the national mental health in education initiative that equips educators with knowledge, tools and resources to support the mental health and wellbeing of children and young people from birth to 18 years.

Delivered by Beyond Blue, in collaboration with Early Childhood Australia and headspace, Be You empowers every learning community in Australia to be their most mentally healthy, positive and inclusive in ways that work for them, at a time that works for them, and all free of charge.

To support educators, children and young people across Australia to achieve their best possible mental health Be You offers: Support from Be You Consultants, online interactive Sessions and Events, Accredited Be You Professional Learning Fact Sheets, Wellbeing resources, Planning and Implementation Tools, Support to develop postvention planning and response for schools, and a searchable directory of evidence-based programs

Be You tools and resources can support educators to meet national, state and territory requirements, priorities and standards that relate to mental health and wellbeing.

When children and young people are supported to have good mental health, they're more likely to experience positive learning outcomes.

Be You supports learning communities across Australia

to connect and grow together so every child, young person and educator can thrive.

It’s easy to get started with Be You.

The first thing you need to do is register as an individual. Individual registration is open to educators and leaders working in early learning services or schools as well as those in pre-service or training.

Just go to beyou.edu.au, click Register and complete the form. You’ll receive an email to verify your new account. Don't forget to check your junk folder.

If you need more support you can download the PDF handbook from the Get Started page.

Individual registration gives you access to trusted resources to build your mental health literacy and support your learning community's mental health and wellbeing, including accredited online Professional Learning and a Be You profile that travels with you throughout your career.

To get the most out of Be You, your early learning service or school can register as a Be You Learning Community.

This lets the wider community know you're committed to promoting mental health and wellbeing.

To register as a Be You Learning Community you'll need to create an Action Team, with support from your leadership.

Your Action Team will be the champions of mental health and wellbeing in your community. Your Action Team will need leaders.

They can be anyone from your learning community who is passionate about supporting mental health and wellbeing.

Action Team Leaders have access to additional tools and resources including templates, handbooks and surveys.

Be You registered learning communities gain access to a national network of Be You Consultants free of charge who can support your early learning service or school

to implement Be You.

One of your Action Team Leaders can register your service or school as a Be You Learning Community. They just log in to their individual account and select My Learning Community from their dashboard, then confirm their position as an Action Team Leader

Your Action Team Leader will receive a welcome email, a welcome pack in the mail, and be contacted by a Be You Consultant.

Once your early learning service or school has registered as a Be You Learning Community you can get started right away.

The Be You Implementation Cycle explains the key steps to embedding the whole learning community approach. Action Teams can find out more about the whole learning community approach by attending an online Be You Essentials, Spotlight or Conversation session.

As an Action Team Leader you can explore your learning community's dashboard which puts all your Planning and Implementation Tools in one place.

Explore examples of Be You in action on the Be You website.

Follow our social media accounts to get a glimpse of how you could do Be You at your early learning service or school.

And connect with your Be You Consultant to discuss the next steps in your Be You journey.

At Be You we look forward to working with you to build

a mentally healthy learning community.

Our free and flexible resources allow you to learn

at your own pace, in your own way.

Take the next step towards building Australia's most mentally healthy generation.

Register with Be You today.