

Best Practice Model

Strategies to improve your school's capacity to embed whole-school wellbeing



With delivery partners



Funded by



Be You Suicide Response Plan

- ✓ The school has a detailed Be You Suicide Response Plan with contact phone numbers, key roles and responsibilities outlined
- ✓ The plan is aligned with system protocols and emergency management guidelines
- ✓ The plan is reviewed annually



Professional learning

- ✓ School staff have opportunities to build capacity via professional learning in suicide prevention, self-harm, grief and loss, mood disorders, social media, and other broader mental health issues
- ✓ Teachers and wellbeing teams meet regularly to share learning and practice
- ✓ Staff can access the Be You Professional Learning



Family engagement

- ✓ Families are provided with relevant and evidence-based information via a range of methods including websites, newsletters, fact sheets and family forums
- ✓ Families have access to contact details of local support services and available resources
- ✓ Families are involved in the school community



Partnerships with local services and agencies

- ✓ The wellbeing team has regular contact with services and agencies including tertiary mental health
- ✓ Schools access local services to support professional learning
- ✓ Schools promote information to young people and families regarding local services and agencies
- ✓ Schools have clear referral processes with agencies



Partner with other schools

- ✓ The school connects with other schools in the area to share resources in suicide response and recovery
- ✓ Schools locally work together to maximise professional learning opportunities
- ✓ Wellbeing teams work collaboratively with other schools



Intervention strategies for at risk young people

- ✓ The school has clear referral pathways internally and to external support agencies and services
- ✓ Teachers are clear about identifying risk and school referral processes
- ✓ The school holds support group meetings for young people and uses return to school support plans
- ✓ The school holds case management meetings with external agencies present



Whole school approach to mental health

- ✓ The school has a comprehensive approach to mental health with mental health literacy incorporated into the curriculum
- ✓ The school strategically plans for prevention, early intervention, and intervention strategies and approaches
- ✓ Student voice is used to inform policy and program development

Visit the Be You website for more information on suicide support and assistance.

beyou.edu.au