

# About Be You

## Video transcript

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.

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

With delivery partners

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