



**Health
Foundation**



**kidshelpline
@School**



A message for teachers

Kids Helpline@School

Improve the mental health and emotional wellbeing of your classroom for free

Kids Helpline and Bupa are working together to grow a mentally healthy next generation. The Bupa Health Foundation is proud to support Kids Helpline@School, a free program available to primary schools across Australia.

Facilitated by a qualified Kids Helpline Counsellor via a video link, sessions cover topics such as managing emotions, developing resilience, friendship and bullying.

Kids Helpline @ School learning intentions:

- Improve students' mental health literacy and emotional intelligence.
- Promote positive overall health and wellbeing.
- Assist students to develop greater resilience and self-efficacy.
- Normalise and encourage help-seeking behaviours.
- Enhance students' communication skills within interpersonal relationships.

All sessions are evidence-informed, educational, interactive, fun and engaging. A Counsellor can also work with you to tailor each session to the specific needs of your class.

To book a session, teachers can click the link or visit Kids Helpline's website at kidshelpline.com.au/schools/kids-helpline-school

Book now >