

MALABAR SUPPORTS YOUTH MENTAL HEALTH DURING COVID-19

Upper Hunter locals can receive free Youth Mental Health First Aid training on 1-2 August at the Muswellbrook RSL Club, facilitated by Upper Hunter community organisation Where There's a Will (WTAW) and funded by Malabar Coal.

The course is open to anyone, including parents, sports coaches, teachers, and youth workers from the Upper Hunter. After completion participants will be officially accredited in Youth Mental Health First Aid.

The first aid course is normally \$500 per person, however with Malabar Coal's support, will be free.

Jane Callinan, Chair of WTAW, said: "With schools now well and truly immersed in programmes to improve the wellbeing of students, the WTAW Foundation is now switching focus to parents and providing opportunities that will help tighten the safety net around children when it comes to mental health in the Upper Hunter.

"One in four young Australians aged 16–24 years has a mental health issue. COVID-19 and social distancing measures has made life more challenging for these young people, so it is critical our community is trained to care, respond and make a positive difference if a mental health problem emerges in someone we know."

Where There's a Will is a non-for-profit committed to cultural change in the Upper Hunter through improved literacy of wellbeing and mental health in our schools, families and community. In 2019 the organisation trained over 650 students from our five Upper Hunter High Schools in Teen Mental Health First Aid as well as 372 adults from across the community.

Malabar's manager of Health, Safety, Environment and Community, Donna McLaughlin, said: "Malabar is delighted to partner with Where There's a Will, an organisation that is helping young people develop skills and tools to help them flourish in life, build resilience and improve the overall wellbeing of our community.

"I'd encourage every person who is interested to RSVP so that they can contribute to maintaining good mental health for our community."

The sessions on 1-2 August compliment the Teen Mental Health First Aid training that WTAW is helping to deliver to every student in Year 8 and Year 10 at high schools across the Upper Hunter.

RSVP is essential to secure your booking and numbers are limited. To RSVP go to <https://muswellbrookymhfa.app.rsvpify.com/>.

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