

About the program



Deadly Thinking Youth is an opportunity for young Aboriginal and Torres Strait Islander people to yarn about a whole lot of stuff that affects them.

Adapted from the adult Deadly Thinking program, Deadly Thinking Youth is presented in a way that is sensitive and safe for a younger audience aged 12 to 20 years.

Deadly Thinking Youth allows for an adaptable, group-based delivery, suitable for school environments and community organisations.

The workshops offer a culturally appropriate environment for students and young people to yarn about their troubles and learn how to feel strong in body, mind, and spirit.


What can workshop participants expect?

Deadly Thinking Youth gives young people the tools to help them handle the pressures we all face in our lives.

Presenters will guide the group through the workshop material, encouraging group participation. Activities such as art, sport, music and filming can be incorporated.

Workshop participants will have an opportunity to yarn about their experiences and learn more about different aspects of social and emotional wellbeing.

Participants receive a Deadly Thinking Youth training workbook, passport to mental health and certificate of attendance.



When we have too many troubles, we can get out of balance. We need good mental health to do the cultural, spiritual, physical and family things that keep us strong.



Frequently asked questions

Workshop topics

Who am I?
What do you do to stay strong?
Who do you yarn to?
Relationships
Worries that take away strength
Anxiety and stress
Managing stress
Sleep
Bad experiences
Depression
Self-harm
Suicide
Safety Plan
Bullying, racism and discrimination
Smokes, alcohol and other drugs
Violence and anger
Grief and loss
Other worries
What and who keeps you strong?
Strong spirit within
Who would you talk to now?
Useful websites and resources

What is the cost to attend a community workshop?

Community workshops are planned and delivered by our nation-wide network of trained presenters. The cost to attend a workshop varies, depending on factors such as location, travel, attendance numbers, etc. If an individual or small group wishes to attend a community workshop, we can provide the contact details of a local presenter who will advise on the cost.

How long does a community workshop run for?


Deadly Thinking Youth can be delivered either as a single day workshop, 2 half-day workshops or as individual units that are delivered over a number of days or weeks.

For more information


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