

# LIVIN Leadership Team



In 2017, Bundamba State Secondary College students along with staff will have the opportunity to join a team that is driven to destroy the stigma that is attached to mental health challenges and illnesses. The Bundamba LIVIN Leadership team is formed in association with the charity and non-profit organisation LIVIN. Together we hope that we can change the way that society understands, perceives and interprets mental illness.

Mental illness is defined as a health problem that significantly affects how a person thinks, behaves and interacts with other people. Mental illnesses are also referred to as mental disorders or mental challenges and are becoming extremely common amongst the Australian population. A recent survey showed that one in every five Australians suffered from a mental disorder in a given year, and almost half the population has suffered a mental disorder at some time in their life. The most common mental disorders are depression, anxiety and substance use disorders.

These illnesses can be minimised by a strong and supportive community environment. This group of passionate individuals (who've nominated themselves to be a part of this team) will look to change the way mental illness is perceived in our community by enabling students and staff to feel connected, supported and provide a caring environment that encourages one another to talk about their feelings, issues and problems in a confidential environment.

This team will be responsible for fundraising, collaborating and exchanging ideas to plan regular whole school events (at least one major event per term) to enhance all students understanding of mental health and the significance of challenges impacting on people's lives and how they choose to cope with these challenges. This group of mental health warriors will help deliver the core vision of LIVIN's mission which is in their mantra "It Ain't Weak To Speak", to encourage and inspire young people a like to speak up and seek help. Education can allow for a generational change of opinion and it's the coming together to combat the stigma and discrimination received by those currently suffering a mental health illness in our school community.

Students involved in this team will be trained in mental health first aid (MHFA), receive free LIVIN clothing apparel to promote the work being carried out in the community and meet regularly to discuss planning of school wide events.

For further information regarding this opportunity please contact Mr Andrew Tazelaar (HPE Teacher) via email ([adtaz0@eq.edu.au](mailto:adtaz0@eq.edu.au)) or staffroom contact number (3816 6385).



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## WHY ESTABLISH THIS TEAM?





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## WHAT WILL HAPPEN IN 2017?

