

ⒶⓂ Protective factors of mental Health on young people include access to help and information. This can come from seeking the school ~~counser~~ counsellor - or another body to help such as parents, friend (someone to confide in). Telling a friend of depression they experience can allow them to get an outsiders perspective. Someone who cares for their wellbeing, essentially, is a good person to turn to for help.

Receiving hospitalisation, also, for

mental illness (18% of Y.P. do) is helpful
if the individual has any form of
mental illness: schizophrenia, depression, ... (at 1)
Telling a teacher you are close with
can also assist to relieve mind.

There are also external contacts, such
as the website Beyond Blue, which gives
information and contact lines. There is
also the kids help line '131 KIDS' for
where they can remain anonymous.

There are also community
spots to seek help such as 'homebase'
or other youth places which encourage
youth well being.

These protective factors allow mental
health to prioritised and improved to
ultimately improve the lives of these
young people.

Additional writing space on back page.