

## EDUCATION PROGRAM

### YOUTH MENTAL HEALTH AND CONNECTEDNESS



1 in 2 young people



1 in 6 adolescents



1 in 3 young adults

**report feeling lonely either sometimes or always.**



**18%  
depression**



**12% social  
anxiety**

**young people experiencing loneliness  
have a higher risk of mental ill health**



Loneliness is linked to an increased risk of heart disease, stroke, high blood pressure, cancer, diabetes, Alzheimer's disease and other neurodegenerative diseases.



Loneliness is an equal risk factor for mortality as smoking and obesity.



Loneliness costs Australia \$2.7bn each year.



The overall average cost associated with each lonely person in Australia is \$1,565 a year.

### WHAT CONNECTED AU DELIVERS:

We are committed to increasing awareness of loneliness and isolation, the negative health and economic impact of loneliness and isolation, and the importance of connection in mental health and wellbeing. We believe that societal change begins with our youth, and we are driven to equip students with the knowledge and capabilities to lead healthy, connected lives in their communities.



# EDUCATION PROGRAM



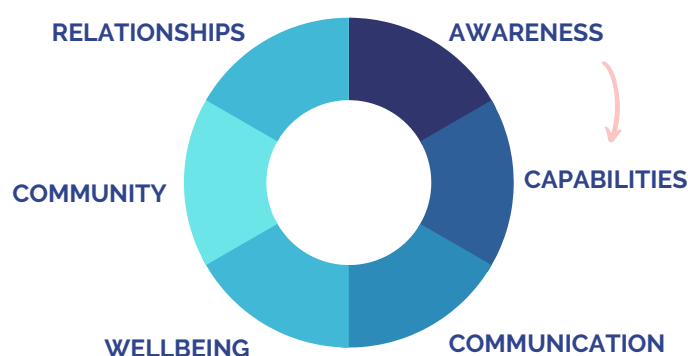
Research has found a high level of school connectedness is one of the most important protective factors for current and future mental wellbeing and positive adolescent development. We deliver our Education Program to schools nationally through online and in-person presentations and workshops, facilitating connectedness of students to themselves, their schools, and their communities .

## OVERVIEW

Our Education Programs focus on:

- What is isolation, loneliness and connection
- Cohorts most vulnerable
- Identifying isolation and loneliness in self and others
- Connectivity in the class and school community
- Connection in the wider community
- Communication awareness and capabilities
- Mental Health & Wellbeing

## OUTCOMES



## PRESENTATIONS

We deliver two tailored interactive and engaging presentations - 1x Primary School presentation and 1x Secondary School presentation. Duration 1 hour.

## RESOURCES

Following the presentations we provide stage-based resources to staff to support their students and continue learnings.

## VOLUNTEERING

On completion of the program students and staff are provided the opportunity to participate in our volunteer program, The Letterbox Project.



# DELIVERY

**Connected AU is a purpose led business specialising in connection, with a mission to ensure that everybody in Australia feels visible, valued and connected. We are based in Dubbo NSW and deliver a range of programs nationally to a broad range of demographics.**

## EDUCATION PROGRAM FACILITATORS

### Mea Campbell

Mea is an ex-lawyer, writer, mother, and the founder of Connected AU, a purpose-led business specialising in connection. Inspired by her late grandfather, Mea established Connected AU in early 2020 and her idea has grown from humble beginnings to one impacting tens of thousands of people. She leads a small but skilled team delivering programs across Australia and is committed to changing the landscape of loneliness in this country. Utilising her skills in communication, conflict resolution and youth justice, Mea delivers our Education Program with passion and is motivated to make a positive impact in the lives young Australians.

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### Cate Whiteley

A passion for improved mental health and well-being, coupled with a desire to develop robust, self-sustaining rural and regional communities informs Cate's work with Connected AU, Lifeline, NSW Health and her post-grad studies. Married with two adult daughters, a mixed farming enterprise in Central West NSW, is where Cate calls home and is the base from which she does her outreach work supporting communities, groups and individuals. Effective collaboration and respectful cross-cultural working relationships, combined with empathy and a friendly open communication style support Cate's approach to delivering psychoeducational content to schools, community groups, government organisations and small and large corporations. With 'can do' optimism, Cate enjoys rolling up her sleeves and collaborating with others to help share knowledge, build capacity and support improved outcomes.



# FEES

We are committed to making our education program as accessible as possible and have a number of options available for schools and community groups.

OPTION 1	OPTION 2	OPTION 3
In-person Presentation Session 1: Primary Session 2: Secondary	In-person Presentation Session 1: Primary Session 2: Secondary	Digital Presentation Session 1: Primary Session 2: Secondary
Resources A range of learning resources to support staff with further integration	Resources A range of learning resources to support staff with further integration	Resources A range of learning resources to support staff with further integration
Volunteering Opportunities	Volunteering Opportunities	Volunteering Opportunities
	Staff Development Workshop - 2 hour interactive workshop	
Cost: \$3,500 (excluding GST)	\$5,500 (excluding GST)	on enquiry

## CONTACT

To learn more about our education programs or to confirm your school's involvement please contact Mea Campbell;

**Phone:** 0437 570 585

**Email:** [meacampbell@connectedau.com.au](mailto:meacampbell@connectedau.com.au)

Or visit the following page to submit an inquiry:

<https://connectedau.com.au/school-program>

