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Student leadership initiative promotes mental wellbeing

A series of mentoring workshops that supported 25 young people from refugee backgrounds has helped to improve their mental health and educational outcomes.

The successful 10-month pilot called Building Bridges was run by the Association for Services to Torture and Trauma Survivors Inc (ASeTTS) in partnership with the Student Guild Volunteers and the Students for Refugees Club at The University of Western Australia and funded by Healthway.

Called Building Bridges, the workshops were held over 10 months and consisted of interactive activities that focused on developing the students' confidence, leadership skills, and connections with like-minded people.

Following completion of the workshops, the students who hailed from Syria, Sri Lanka, Egypt, Iraq, Thailand, Myanmar, Palestine, Afghanistan, and Somalia found that they had a better understanding of their own mental health and wellbeing and how to seek support.

As part of the final mentoring workshop, a career fair was organised which connected young people to career experts, improving their readiness to enter their next educational phase, and encourage them to enter university.

To find out more about how Healthway can support your organisation visit www.healthway.wa.gov.au.

Comments attributed to Healthway Chief Executive Officer Ralph Addis:

“Healthway was proud to support this fantastic initiative to provide pathways for young people to build on their education and improve their mental health.

“The pilot has had great outcomes, as it has provided the young people with a solid platform on which to build their future goals and confidently identify their future aspirations.

“Congratulations to everyone who participated.”

Public

Comments attributed to ASeTTS Senior Community Development Coordinator Tharanga De Silva:

“The project was a success and achieved the expected outcomes. Healthway gave us freedom to be creative with planning and delivering activities.

“Ninety-two per cent of project participants who contributed to the project evaluation gave 8 out of 10 for satisfaction, which shows that the project was very successful.

“ASeTTS is planning to access new funding to deliver a similar project to support newly arrived young people from Southern America, Afghanistan, and Eritrea”.

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