

# BEING herd

## the low down

### What is Being Herd?

Our Being Herd workshop runs over a day and a half and brings together a small group of young people between 18-30 years old. During the workshop, participants will learn how to build the skills and confidence to share about their lived experience of mental ill-health, how they reached out for support and how they manage their wellbeing today.

#### Examples of mental ill-health include:

depression, anxiety, bipolar disorder, eating disorders, substance use, bullying, stress, etc.

If you're interested in being a participant and taking part in the program you don't need a diagnosed mental illness.



We are interested in personal stories from anyone who's life has been impacted by mental ill-health, whether it is difficulties with own their mental health, or caring for someone with a mental illness, and is passionate about reducing the stigma around mental health.

### Why share my story?

Being Herd aims to equip you with the skills to share your story in a safe and effective way. Through sharing your story, you can start more positive conversations around mental health, reduce stigma and encourage others to reach out for support.

People attend the workshop for many different reasons. Some come to build the personal confidence to know they can give a voice to their story, some come to learn how to better share with family or friends, and some people are interested in becoming a batyr storyteller. and sharing their story at our and programs.

It is our belief that hearing personal stories from friends and family, especially stories of resilience and strength is a powerful thing. In Australia, there are a lot of young people who are experiencing mental ill-health that are not reaching out for support and are currently suffering in silence. **Your story could be the push that someone needs to seek help**, or it could be the first time that someone has felt that there are other people going through what they are going through.

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### 1-Day Workshop

#### What does it cover?

##### Pre-Workshop Online Modules

- Learn more about batyr, what we do and how are programs are helping to reduce the stigma across the country
- Find out more about the power of story and how your experiences can help change the conversation around mental health
- Learn about the importance of self-care and setting boundaries for yourself when sharing your experiences
- Learn about the importance of safe and non-stigmatising language
- Begin to explore the building blocks of your story

##### Workshop

- Hear from a storyteller who has previously gone through the workshop. They will share their story with you and be available to answer any questions you may have about the workshop and their journey to becoming a storyteller
- Learn about the importance of embracing vulnerability and how this can help you feel more confident sharing your experiences
- Learn how to share your story safely in a way that is going to have the most impact
- Story structure suggestions
- Dedicated time to work on your own story and opportunities to share it with the group (only if you feel comfortable of course!)
- Learn about the different ways that you can get involved with batyr
- A chance to receive and give feedback to other participants and their stories

#### Who's involved?

##### Participants

- Up to 7 people aged 18-30 who (like you) have come along to learn how to share their stories of mental ill-health.

##### Facilitators

- Our two facilitators will help create a comfortable and fun environment, help you structure your story, and go over any questions you may have.

##### Youth Support Person

- Our Youth Support Person is a mental health professional who is there to help the facilitators create a safe and supportive environment.
- The Youth Support Person is not there to provide therapy (as that isn't what the workshop is about), but they can support you if you find yourself feeling overwhelmed or needing to chat at any point during the workshop.

##### An Example Storyteller.

- Our example storyteller is a previous workshop participant that has gone on to become a storyteller at batyr programs.
- They will share their story with you and be available to answer any questions you may have about the workshop and their journey becoming a storyteller.



# 2-Day Workshop



## What does it cover?

### DAY 1

- Learn more about batyr, what we do and how our programs are helping to reduce stigma across the country.
- Find out more about the power of storytelling and how your experiences can help change the conversation around mental health.
- Learn about the importance of embracing vulnerability and how this can help you feel more confident sharing your experiences.
- Hear from a storyteller who has previously gone through the workshop. They will share their story with you and be available to answer any questions you may have about the workshop and their journey becoming a storyteller.
- Tips for speaking with confidence.
- Learn about the importance of self care.
- Learn how to share your story safely and in way that is going to have the most impact.
- Story structure suggestions.
- Time to work on your own story and share it with the group (only if you feel comfortable doing this of course!)

### DAY 2

- Learn about the different ways that you can get involved with batyr.
- Today provides a second opportunity to share again - we find there's a big difference from day 1 to 2 and it's great to see that change. Hopefully by day 2, you'll leave feeling really confident and comfortable with your story with whatever you want to achieve with it.
- A chance to receive and give feedback to other participants and their stories.
- Wrap up, debrief and reflection time.

## Who's involved?

### Participants

- Up to 10 people aged 18-30 who (like you) have come along to learn how to share their stories of mental ill-health.

### Facilitators

- Our two facilitators will help create a comfortable and fun environment, help you structure your story, and go over any questions you may have.

### Youth Support Person

- Our Youth Support Person is a mental health professional who is there to help the facilitators create a safe and supportive environment.
- The Youth Support Person is not there to provide therapy (as that isn't what the workshop is about), but they can support you if you find yourself feeling overwhelmed or needing to chat at any point during the workshop.

### An Example Storyteller.

- Our example storyteller is a previous workshop participant that has gone on to become a storyteller at batyr programs.
- They will share their story with you and be available to answer any questions you may have about the workshop and their journey becoming a storyteller.

