



Batyr

Creating a world where all young people lead mentally healthy and fulfilling lives.

 batyr.com.au

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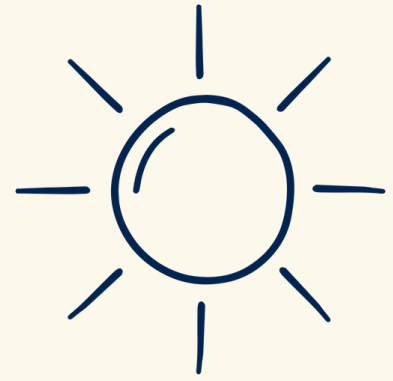
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About batyr

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batyr is a preventative youth mental health charity, created and driven by young people.

Why we exist

Tragically, suicide is the leading cause of death for young people in Australia. 2 in 5 young people experience mental ill-health, and rates of psychological distress have increased in the last decade.

Stigma, under-resourced communities and other barriers to accessing quality information and services, stop young people from getting the right support and being able to manage their mental health before they are in a crisis.

Our mission

We are leaders in prevention. Through shared lived experience stories and peer-to-peer education, we are keeping young people from reaching the point of crisis and changing lives.

Our purpose

We empower young people with the confidence and skills to get through tough times and look out for their mates. We work to create stigma-free communities that champion young people's mental health and wellbeing.

Our vision

A world where all young people lead mentally healthy and fulfilling lives.



batyr's 2030 Goals

Deliver programs in all states and territories in Australia.

Deliver school programs to 70% of high school students and work with all Australian universities.

Reach 3 million young people.



What makes batyr different?

batyr programs are unique in that they are delivered by young people, rather than teachers, parents or clinicians. They are strengths-based and positively framed, focusing on real life stories and practical, relatable content.

Our peer-to-peer voice and lived experience storytellers are the core of our work, setting us apart. Guided by trained facilitators, our programs centre around real-life lived experiences of young people overcoming mental health challenges. These safe stories are carefully developed to focus on help-seeking, hope, and the positive outcomes of reaching out for support. The delivery style of our programs is interactive and informative, engaging students in a fun and energetic way.

Research shows that young people most commonly seek help from friends, followed by parents or guardians' (Mission Australia, 2020 Youth Mental Health Report). This is why our programs are designed to boost mental health literacy and upskill students with practical tips on how they can look out for their friends and their own wellbeing.

Through prevention we can prevent mental ill-health before it develops, helping young people to identify signs and symptoms early on, and access the right support when needed.

"Seeing other people's stories validates my own story. Before then I didn't know whether or not my story was "worthy" of being told or listened to. Thank you for coming out and doing this for us."

Student, Regional NSW

What is lived experience?

- Someone's personal experience of mental ill-health. Mental ill-health is an umbrella term that includes both diagnosed mental illness/disorders and difficulties with mental health that may not have been formally diagnosed.
- Someone's experience in supporting a person living with mental ill-health.

Program safety

- Our lived experience storytellers receive training and development, with 1:1 coaching to give them the confidence and skills to share their story safely and with impact. Our team is dedicated to their ongoing training and engagement, supporting them pre-and post-each program.
- Our facilitators are provided with ongoing professional training and support to ensure our programs are relevant, relatable, and safe.
- Dedicated teams focus on program evaluation, quality control and tailoring each program to address student needs.
- Each school receives a dedicated coordinator for a thorough needs analysis to ensure each program is safe, relatable and meets students' needs.



Our impact

Our world leading approach results in improved mental health outcomes for young people and their communities.

430,000+

total people reached since inception (2011)

72%

of students rated our programs **HIGHLY ENGAGING**

batyr programs lead to

35%

more young people reaching out for help*

600+ high school and uni partners across Australia

A yellow silhouette of Australia is shown on the right side of the infographic. It contains several small black icons of a person with their arms raised, representing batyr programs. The text '600+ high school and uni partners across Australia' is overlaid on the map.

What underpins our impact

- Impact evaluations
- Translation research
- Policy & advocacy
- International collaboration
- Best practice

We're collaborators

Forging best practice alongside leaders worldwide has included leading and advising on committees such as:

- Technical Advisory Group Member for the National Mental Health Commission's National Stigma and Discrimination Reduction Strategy
- Co-Chair for the Children and Youth Working Group for the Global Mental Health Action Network
- Advisors on the NEXUS Global Mental Health Council
- Chair for the Lived Experience Engagement Network in Australia
- Members of the Global Anti Stigma Alliance
- Advisors on the Suicide Prevention Australia Policy Committee
- Advisors for Orygen's development of the Universities Mental Health Framework for Australia



*Both findings based on a research trial conducted by the University of Sydney in regional and rural areas. Milton, A. Klinner, C. Conn, K. & Glozier, N. (2022). batyr@school in regional school communities impacted by drought and other climate events. Evaluation Report, University of Sydney, Sydney.

The national help seeking rate of young Australians sits at about 22%. 7. Slade, T., Johnston, A., Teesson, M., Whiteford, H., Burgess, P., Pirkis, J., & Saw, S. (2009).

The Mental Health of Australians 2: Report on the 2007 National Survey of Mental Health and Wellbeing. <https://doi.org/10.1037/e676562010-001>

batyr@school Program Suite

Discover a suite of batyr@school programs and offerings tailored for students from all cohorts, promoting positive conversations about mental health. batyr's programs are dynamic and tailored to best reflect your students and the broader community needs.

Core Modules

Our Core Modules have been designed to be relatable and impactful for specific cohorts.

Core Module: Mind Your Mental Health

This module explores the shifting nature of mental health, highlighting key factors that both positively and negatively impact the wellbeing of young people.

Core Module: Herd Mentality

This module explores community and friendship as a vital source of support for young people's wellbeing, examining the boundaries and responsibilities involved in supporting those we care about.

Core Module: Beyond Belief

This module explores self-efficacy and confidence as key boosters of young people's mental health, focusing on how we can nurture our own confidence and empower ourselves to face life's challenges.

Core Module: Speak Your Mind

This module highlights the importance of young people learning to speak up for themselves and the things that are important to them, exploring how advocacy can enhance both personal wellbeing and that of those we care about.

Elective Modules

Our Elective Modules have been designed to be chosen by the school contact based on what best reflects the students' needs. Additional Elective Modules are currently being developed. The Elective Modules available in 2025 are centred around the following themes:

Elective Module: How To Talk About Your Mental Health

This module explores themes of openness, owning our story and how we want to share it, being safely vulnerable, and the many diverse ways one can share about their mental health.

Elective Module: Supporting The Supporter

This module explores themes of showing up for ourselves like we do for others, leading by example, and prioritising our own wellbeing so we can support those we care about.

Elective Module: Being Mindful About Media

This module explores themes of living in a digital world, the diverse ways it can impact our wellbeing, and the actions we can take to make it work for us, rather than against us.

Elective Module: Balancing the Big Things

This module explores themes of navigating competing priorities, and balancing our wellbeing needs with life's other demands.

School community programs

At batyr we believe a holistic wellbeing approach is the best way to see long-term positive impact and we have developed a number of programs for your wider school community.

Parent/Carer Forum

🕒 90 mins

The batyr parent/carer forum gives parents and carers insights into their children's experiences in a batyr program. During the forum, parents/carers can learn from a young person about the impact of parental involvement in their mental health journey, engage in a Q&A with local mental health professionals, and openly discuss the challenges they face as parents and carers. This fosters a safe environment for dialogue, allowing parents and carers to gain a better understanding of supporting their children's mental health and maintaining their own wellbeing.

Teacher Professional Development

🕒 2 hrs face-to-face
90 mins online

batyr's Teacher Professional Development training facilitates open conversations among educators regarding supporting students' mental health within their school community. Teachers will gain insights into batyr's approach to mental health discussions and hear firsthand experiences from a lived-experience storyteller.

The training encourages teachers to explore questions such as 'What is your role as a teacher, and what is not within that role?' and 'How can we empower students to lead their own mental health initiatives?' Teachers will leave the session with enhanced skills to foster a positive and supportive mental health culture within their school community by engaging in discussions and analysing student case studies.



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For more information on
[batyr@school programs](mailto:batyr@school.programs) or
[batyr@uni partnerships](mailto:batyr@uni.partnerships),
head to batyr.com.au
or email hello@batyr.com.au

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batyr@uni Program Suite



Discover a suite of batyr@uni programs and offerings tailored for students from all cohorts, promoting positive conversations about mental health. batyr's programs are dynamic and tailored to best reflect your students and the broader community needs.

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batyr@uni Program Suite

Cohort-specific Programs

HDR Candidate program

In this program we explore the experiences faced by graduate research candidates, including competing work/life priorities, high academic pressures, intensive workloads, and the impact on their mental wellbeing, such as burnout or imposter syndrome. Students will hear from a batyr storyteller who has a similar experience and learn of practical tips and services available to support their mental health journey throughout their course of study.

Student Leader Workshop

This workshop is designed for students who hold a leadership role in the community. These may be club executives, peer mentors, student leaders or anyone interested in building their mental health advocacy skills. These workshops build on the structure of a standard batyr program and facilitate an in-depth conversation into mental health and stigma, empowering students to be mental health advocates in their communities.

Staff Wellbeing Program

The Staff Wellbeing program is designed to help staff look after their mental health while supporting the mental health of their students. During this program, staff will learn about how to create safe spaces for their students to reach out for help, will gain insight into the student experience from a young person and get to practice wellbeing strategies that will help them identify what is within their control and what isn't.



BEING herd

Our Being Herd workshop gathers young people aged 18-30 to build skills and confidence in sharing their lived experiences of mental ill-health, how they sought support, and manage their wellbeing today. Examples of mental ill-health include depression, anxiety, bipolar disorder, eating disorders, substance use, bullying, and stress.

You don't need a diagnosed mental illness to participate. We're interested in personal stories from anyone impacted by mental ill-health, whether it's their own experience or caring for someone, and who is passionate about reducing mental health stigma. People attend for various reasons, including building personal confidence, learning to share with loved ones, or becoming a batyr storyteller. We believe that hearing personal stories, especially of resilience and strength, is powerful. In Australia, many young people with mental ill-health live with it in silence, and your story could be the catalyst for someone to seek help or realise they're not alone.

What does it cover?

In our 1-Day and 2-Day Workshops, you'll learn about batyr's mission and the significance of storytelling in reshaping mental health conversations. Discover essential self-care practices and delve into crafting your story with safe language. During the workshop, hear from a former participant-turned-storyteller, gain insights into embracing vulnerability, and receive guidance on structuring and sharing your narrative. Explore opportunities to contribute to batyr's initiatives and receive feedback from peers.

Who's involved?

Join up to 7 participants aged 18-30, facilitated by two mentors fostering a supportive atmosphere. A dedicated Youth Support Person ensures a safe space for discussions, and an Example Storyteller will also share their journey and offer insights into the workshop experience.

For more information
on our free Being
Herd workshops,
head to batyr.com.au
or email
hello@batyr.com.au



Workplace programs

Mental illness is now the leading cause of sickness absence and long-term work incapacity in Australia. In Australia alone, poor mental health at work is estimated to cost the economy over \$17.5 billions each year.

With over 10 years experience in the mental health sector through our work with young people, batyr is uniquely positioned to start positive conversations and communities in the workforce to support mental health. We know all too well of the devastating trajectory that exists for those who suffer from mental illness in silence, and are here to help you address this with your team.

wellness @work

- 🕒 45-60 mins (dependent on preference)
- 💰 Cost available upon inquiry.

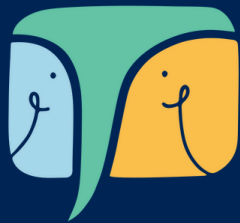
About our program

Our corporate programs seek to address the 'elephant in the room' in a post-pandemic workplace. Our wellness@work program includes:

- About batyr and why we exist; Australia's mental health crisis
- Identifying and tackling the barriers that exist to have positive conversations about mental health
- Addressing and reducing stigma in the work place and beyond
- A digital story from a batyr storyteller with a lived experience of mental ill-health in the workplace
- Group discussions on how to prioritise mental health in the workplace
- Facilitation of an individual Wellness at Work Action Plan
- Reaching out for help



For further details, bookings and enquiries please contact:
partnerships@batyr.com.au



OURHERD

OurHerd was created in collaboration with over 600 young people and 75 mental health experts, alongside 182 academic articles reviewed.

We continue to engage with informed research at every stage of development, including our partnership with Western Sydney University assessing OurHerd's outcomes and pathways to impact.



Share Stories, Create Change

What is OurHerd?

OurHerd is batyr's innovative safe digital platform designed to amplify the voices of young people to inform actionable change. It serves as a safe space for young people to share their mental health stories, listen to or read stories from their peers, and access mental health resources and support.

Not only does OurHerd meet young people where they're at, but it leverages technology to capture powerful youth data and insights to directly inform systemic change and create better mental health outcomes.



Our Purpose

Mental health is amongst the most important issues faced by young people, yet due to high rates of stigma, many feel alone in their struggles, unable to give a voice to their experiences and disempowered to seek help. All these factors contribute to the huge gap that exists between the mental health needs of young people and the systems that surround them. The purpose of OurHerd is to support young people to drive informed and improved mental health outcomes by sharing powerful stories.



By sharing (your story) you open up the endless potential. By telling your story you can breathe without the heavy weight on your shoulder.

Scott, Gooniyandi, Gadgerong and Muludja man

Fundraising and Events

Getting involved in our fundraising events and activities is a fun way to show your support youth mental health and make a real difference for young Aussies who are doing it tough.

SPLASH THE STIGMA



Dive in throughout February!

Splash the Stigma brings the community together to promote the positive benefits of exercise for our well-being, all whilst having fun and raising vital funds for youth mental health. All you need to do is take a dip!

Join us throughout February and take part anywhere in Australia! It doesn't matter whether it's your local beach, ocean pool, swimming pool, lake or river, you just need to be able to swim and make a splash!



Stigma-Free STREAMERS



Go live anytime, anywhere!

Help change the game for young Aussies experiencing mental ill-health - Whether you're an avid gamer, a whiz in the kitchen, a musician or artist, or even just love to chat, go live for youth mental health!

Stream your favourite game or activity and score epic loot for each fundraising milestone! Every dollar donated will support batyr's vital preventative mental health initiatives in schools and universities across the country.

We run a wide range of fundraising events and activities throughout the year, or you can create your own!

For more information, head to [batyr.com.au](https://www.batyr.com.au)



batyr's Resource Hub

batyr's Resource Hub houses a library of tailored resources to help build skills and knowledge in your community to have safe and positive conversations about mental health.



The resource hub has been developed with students in mind, so they can feel empowered to support their wellbeing and take charge of their mental health.

Some resources for students include:

- Goal planner
- Wellbeing plan
- Self-care toolkit

There are also plenty of resources for parents and carers who would like to learn how to better support young people.

Some resources for parents/carers include:

- How to know when someone might be struggling
- How to check in on your young person
- How to be there for your young person

If you are looking for a program alternative or something to supplement an existing program, look no further than batyr's Resource Hub!

www.batyr.com.au/resource-hub

Let's make this HAPPEN!

For further information, head to batyr.com.au or email hello@batyr.com.au

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