



# OUTREACH AND OTHER SUPPORT PROGRAMS

## What is Outreach?

We know that not all young people are engaged in school, and we also know that not all young people will choose to attend a youth centre. Outreach is where MYST staff reach out to young people in a range of public spaces and contexts, and engage with the most vulnerable and hard-to-reach young people who have barriers to accessing services.

In this way, we can provide young people with information and refer them to other services that might be able to assist them. Outreach includes court support and advocacy, as well as one-on-one mentoring, visiting young people who suffer from anxiety and are unable to leave their rooms.

## Other Support Programs

### Teen Mental Health First Aid Training

The Teen Mental Health First Aid Training is aimed to improve the general wellbeing of students and to provide them with the knowledge and skills to identify when their friends might be going through a difficult time, and how to approach and support their peers who are experiencing mental health issues. Every year, MYST has trained and accredited facilitators in this program who deliver the Teen Mental Health First Aid Program to students in various year groups across the four major high schools as well as private schools in the Blue Mountains.



### Mentoring

MYST provides one-to-one mentoring in local schools to students to support their personal growth and help them navigate the challenges of school. By building trusted relationships, MYST mentors help guide students in developing confidence, setting goals, and improving their engagement with learning.

### Breakfast Club

MYST provides Breakfast Club to High schools in the Blue Mountains to ensure that students are getting the good start to the day that they need to keep them engaged in the classroom and to help reduce anxiety and other behaviours that impact their wellbeing and learning. It enables MYST Youth Workers to engage with students who may need additional support.

### Community events and Holiday Programs

MYST organises special events and activities throughout the year to engage local young people and their families, providing them with stronger community connections and fun activities that they would not otherwise access. These include Youth Week Events, holiday programs and Family Fun Days, plus much more.

For more information: Find us at [www.myst.com.au](http://www.myst.com.au), on Facebook and Instagram, or call 1300 00 MYST (6978).