

Deadly Yarning and Learning Project

Aboriginal youth mental health training and mentoring, **by and for** Aboriginal young people.

Deadly Yarning & Learning Aboriginal Project aims to improve the mental health of Aboriginal and Torres Strait Islander young people by developing skills to support to friends and family across their communities funded by the Foundation for Rural and Regional Renewal (FRRR).

Youth Affairs Council Victoria (YACVic) are seeking 20 Aboriginal and Torres Strait Islander young people to work with 10 awesome mentors from Swan Hill and Robinvale to improve mental health outcomes, smash stigma and reduce the rate of suicide.

Develop skills and increase your knowledge in:

- what makes us strong mentally, socially and emotionally
- practical strategies & resources to strong and deadly
- develop skills to support friends and other young people experiencing tough times

Commitment:

- 1 full day of training (16 March in Swan Hill, or 18 March Robinvale)
- Meet monthly for six months with other young people and mentors to share what you have learned
- No costs to be involved, plus support to participate

Apply now to participate! Applications close 5 March.

Want to know more? Get in touch with YACVic today!

Email rural.sm@yacvic.org.au or call Rhiannon Jennings on **0474 506 000**. Don't have access to a computer? Take a photo of your completed rego form and text it!



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