

Auckland Youth Service Alliance Team

ACTIONS

Collaboration between ADHB and ProCare introduced psychologists in 8 decile 1 to 3 schools.

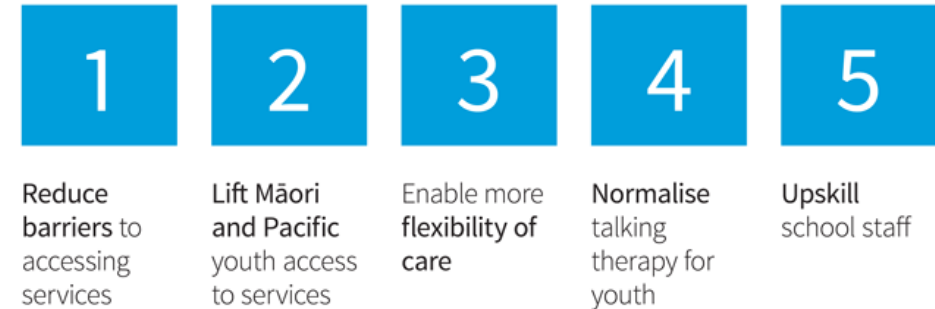


“ They explained what was happening in your mind: the mental process. ”

“They were more like ‘I get you’, where the counsellor is more like ‘I’m here for you’ and the psychologist was ‘I’m here for you and I get you; I understand.’” – **Student**

Schools with well-resourced health centres, including on-site specialist mental health services like psychologists, are showing significantly lower levels of depression and suicide attempts – **up to two-thirds lower.**

AIMS



OBJECTIVES / OUTCOMES

HEADSS assessment for all Year 9 students flags issues around a young person’s well-being

HEALTH	ACTIVITIES
HOME	SEXUALITY
EDUCATION	SUICIDE
EMPLOYMENT	DEPRESSION

491 students seen by psychologists in 1 year
(6% OF SCHOOL ROLL)

Evaluation shows **improvement in youth mental health** and reduction in teenage pregnancies