



► Professionals ◀

**ACTIVITY:** ReachOut.com

# 3 things

ReachOut.com fact sheets, stories and forum discussions help young people recognise emerging mental health difficulties and to articulate feelings and experiences, important steps in understanding and acting on their mental health.

This activity will provide a framework for setting a homework activity that will help a young person articulate thoughts and feelings by exploring content that relates to their experience.

## Getting started

- This is a great activity for young people who are having difficulty articulating or conceptualising problems they are experiencing, or their solutions.
- Set aside time to familiarise yourself with the ReachOut.com website and the content categories. Being familiar with the content covered will help you identify when ReachOut.com may be helpful.
- ReachOut.com stories are written or recorded by real young people, and reviewed by professionals to ensure the content is safe and discusses helpful perspectives or actions that can be taken.
- Fact sheets and stories are found in the main content categories of the website under **'Tough times'** or **'Wellbeing'**. Forum discussions are located in a separate area accessed by clicking **'Forums'** in the top navigation.
- Using the prominent search bar is a great way to find helpful content. It provides stories, fact sheets and forum discussions that relate to the search words.



“ I love reading other peoples stories and hearing that there are many people experiencing the same issues as myself. It gives me the confidence to continue...”

- Anonymous ReachOut.com user

## In practice

### Setting homework

- Suggest that a lot of people have been through similar experiences, and that reading about their experiences or watching their stories can help them to get ideas of what they want to talk about in the next session.
- Show them the ReachOut.com website and how to navigate to fact sheets and stories, and to the forums. Get them to use the search bar and point out the forum discussions that are linked on the right hand side.
- Ask them to browse the ReachOut.com site before your next session and to identify 3 stories, fact sheets or forum threads that relate to what they're experiencing, for you to talk about in the next session.

**Content, tools and technology for professionals supporting youth mental health and wellbeing.**

► [au.professionals.reachout.com](http://au.professionals.reachout.com)



## In the next session

- ▶ Ask them to show you the 3 things they identified on a computer.
- ▶ Ask them what it was that related to their experience.

## Some questions you might ask:

““ *What was helpful / useful?* ””

““ *Which bits were familiar to what you're experiencing?* ””

““ *What was that like for you?* ””

““ *Were you surprised by anything?* ””

- ▶ Talk about any actionable suggestions they found that they might want to try, or further steps they could take to start acting on their concerns.
- ▶ Encourage them to continue using the site to learn more about mental health and staying resilient, and to see what is working for other people.

## Notes

*For more information on referring to fact sheets and stories, and how they can be helpful to young people's experiences, read the guide **Fact sheets and stories***

- ▶ [au.professionals.reachout.com/Fact-sheets-and-stories](https://au.professionals.reachout.com/Fact-sheets-and-stories)

