



MAKINGtheLINK

Promoting **HELPSEEKING** for Cannabis Use & Mental Health

“Australian principals believe one in five students need mental health support and rated alcohol and drug abuse as having the biggest impact on the psychological wellbeing of young people.” (Intercomhs survey, 2008)

MAKINGtheLINK is a helpseeking program which educates students and teachers about assisting others to seek professional help for cannabis use and mental health problems.

- **MAKINGtheLINK teaches young people to help each other to seek professional help.**
- **It promotes the idea that ‘*Mates Help Mates*’.**
- **It reduces the barriers to seeking help from professionals.**
- **It also educates teachers about how to assist their students to access professional help for cannabis use and mental health problems.**



“Most teenagers struggle trying to work out whether or not to get help especially for their friends so this was a good tool to show kids how to bring it up with friends.” — Year 10 student

