



MINDMATTERS PLUS PROGRAMS AND RESOURCES INDEX

NOW AVAILABLE AT
www.agca.com.au

(and go to “MindMatters Plus Index” in the left-hand column)

WHAT IS IT?

The index is an Internet guide that provides summary details about a wide range of programs and resources that support student well-being. The Index will be updated regularly and new features will be added, including stories from the MM+ demonstration schools.

WHO IS IT FOR?

Anyone with an interest in finding out about programs and resources that support student mental health and well-being (e.g. school staff, psychologists, counsellors, youth workers, social workers, parents)

EXAMPLE FROM THE INDEX:

Program Title	Target Age Group	Description
ACE	Ages 14-15	A group based psycho-educational and cognitive behavioural counselling program. It aims to build resilience, enhance coping skills and teach positive thinking styles. click here for more information
Aussie Optimism	Ages 10-13	Promotes optimistic thinking and life skills in young people to assist them in meeting the challenges and stresses of adolescence click here for more information
MoodGYM	All ages	An internet-based training program designed to prevent depression in young people. click here for more information
RESOURCEFUL ADOLESCENT PROGRAM – ADOLESCENT	12-15	An experiential, resilience-building program that has been designed to promote positive coping abilities in the face of stressful circumstances click here for more information