



Resilient Children Mental Health Awareness Early Intervention Program (RC-MHAP)



The Resilient Children Mental Health Awareness Program (RC-MHAP) is a program for children (aged 8-12) developed by and delivered in collaboration with TeamHEALTH & Mind Blank Ltd.

Across the school term participants will engage in role-play, performing arts and local storytelling to build resilience skills, emotional regulation and mental health awareness.

This program will cover topics such as:

- An introduction to mindfulness practice
- Identifying emotions
- Coping with heightened emotions
- Building Resilience skills
- Importance of help-seeking behaviours

Urban Program
10 weeks | 60 mins sessions
Remote Program:
5 weeks | 60 mins sessions
Remote Intensive:
Delivered over 4 full days

We are currently seeking out schools to put forward an EOI for our 2026 schedule.

For more information, or to get your school involved, please feel free to contact Brendan at Brendan.Morrison@teamhealth.asn.au | 0427 922 615 or Cathy at Cathy.Sonntag@teamhealth.asn.au | 0424 133 247