

SPOTa - A community solution



Depression & Anxiety Early Intervention & Prevention



The SPOTa program is a mental health disorder prevention strategy that uses a multi-method delivery approach to educate communities about the mental health issues facing young people. The targeted outcome of SPOTa is to reduce the incidences and effects of depression anxiety, deliberate self-harm and suicide.

SPOTa is an abbreviation of our key public message and an acronym made up from the main groups of modifiable risk factors, warning signs, tipping points that may indicate depressive or anxiety symptoms. **S**ocial Isolation, **P**hysical Health, **O**bvious Changes, **T**ough Times & **A**ssistance to Get Help.

SPOT the early signs & Assist people to get help

The SPOTa program is designed to improve mental health literacy, encourages help-seeking behaviour and effectively mobilise friends, family and the community through an integrated campaign that includes Public Awareness, Community Education and Action Plans.

Public Awareness - SPOTa events, activities and social media engages the whole community, raises funds and reinforces the public message "Spot the early signs and Assist people to get help".

www.SPOTaTHON.org is a scalable event that invites anyone, anywhere to join our team of SPOTa Crew during Mental Health Week in October and National Youth Week in April and help share our message with friends, family and through your community.

Community Education - We skill up communities about mental health issues and how to "Spot the early signs and Assist people to get help". We do this through community presentations, the distribution of SPOTa Cards and Youth and teen Mental Health First Aid training courses.

Course participants learn about adolescent development, the signs and symptoms of the common and disabling mental health problems in young people and action plans to assist those in need.

Action Plans - Mental Health First Aid training provides information of where and how to get help when a young person is developing a mental illness, what sort of help has been shown by research to be effective, and how to provide first aid in a crisis situation.

SPOTa Cards are wallet sized information for quick reference and incorporates an action plan to Spot the early signs and Assist people to get help. SPOTa cards are distributed in to communities through SPOTaTHONS, public presentations, health services and Mental Health First Aid training.

Wear the **SPOT** & assist people for better mental health