

Mental Health and Me evaluation

Promoting help seeking and addressing stigma with lived experience stories

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Mental Health and Me has been running in the ACT for over 25 years. Delivered by Mental Illness Education ACT (MIEACT), the youth mental health promotion program addresses stigma and promotes help seeking with lived experience stories, evidence-based content and classroom activities.



Evaluation Objectives



Review and validate the MIEACT Evaluation Framework



Re-analyse internally collected evaluation data to ensure robust conclusions



Conduct a brief, independent qualitative investigation of key program processes and impacts

<https://mieact.org.au/workshops/mental-health-and-me/>

Evaluation Methods

Data collected 2019-2020

Student survey:
Quantitative feedback
(N = 538)

Student survey:
Qualitative feedback
(N = 538)

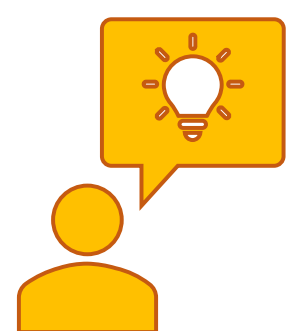
Interviews with MIEACT
team members
(N = 8)

Interviews with host
school staff
(N = 5)

Key Impacts and Strengths



94% of students would recommend Mental Health and Me to a friend.



68% of students said the program substantially increased their understanding of stigma



58% of students said they were substantially more likely to seek help

“I found it very engaging to listen to the experiences they went through. **It made me empathise with each [Educator]** and gave me more knowledge on dealing with an illness.
High School Student

“I think the powerful thing about MIEACT is that **the label's still there, but it doesn't restrict them** [the Educators]. Here they are, going out and talking about it, and using their knowledge for good and to help others.
School Staff Member

“...**simply hearing people who are willing to share their stories**, and therefore be vulnerable in the space of mental illness, is something that **gives students permission then to do the same** with each other, or with potential help-seeking behaviour.
Volunteer Educator

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