



20.11.2019

Endorsement Letter

In my role as a Guidance Officer I am increasingly dealing with students struggling with mental health issues. This typically presents through anxiety, self-harm, suicide ideation, social isolation and disconnectedness. I am continually looking for resources that assist students and their families deal with these challenges and the associated issues of poor sleep hygiene, school refusal, social media abuse, and gaming addiction.

I recently came across Trevor and Annie Boulton's wholistic approach to mental health encapsulated in their book – *Staying Sane in a Crazy World*. This is an excellent easy-to-read tool to assist young people and their carers/parents to understand the basics of good mental health. It provides a good outline of neuroscience principles in a common language that can be applied proactively to improve mental health and general well-being. I am already using this resource in working with families and students to achieve better outcomes. This is a great resource that can and will have lasting community benefits.

Last week Trevor and Annie provided a short presentation of some of the key concepts from this book to our graduating Y12 students which was very informative and well received. I believe this information will be a great assistance to these students, especially those progressing to tertiary study, in making good choices about their nutrition, sleep, and social connections. I'm hopeful that this presentation will become a regular part of our final week activities for Y12. I would love to give each of these students a copy of this resource as a toolkit for later life. I would also love to have copies available to give to families and students grappling with mental health concerns as this may well save a life.

I enthusiastically endorse this mental health resource and encourage other personnel working with young people to take it on board.

Sincerely,

Tim Roan

Guidance Officer