



Dear ,

*It is a great pleasure that I write to announce the launch of the **LET Your Story Talk**, a mental health toolkit for international students and international education industry professionals.*

***LET Your Story Talk** was developed with funding from a Study NSW Partner Projects 2021/22 grant to ISANA International Education Association who partnered with Story is Connection to develop mental health resources for international students in NSW.*

*Grounded in the stories of nine international students studying in New South Wales, **LET Your Story Talk** showcases short films that reveal the challenges impacting their mental health and wellbeing. Innovative and interactive, this toolkit aims to inspire conversation, normalise help seeking whilst destigmatizing mental health. Simultaneously the project builds awareness for industry professionals and service providers alike and offer strategies to facilitate dynamic conversations around topics.*

*The creation of this resource will inspire conversation and destigmatise mental health within the international student community will become a valuable asset available for use by all NSW education providers. **LET Your Story Talk** will creatively engage international students in acts of powerful storytelling which in turn will inspire connection and understanding with audiences.*

On behalf of ISANA and Stories is Connection, I would like to invite you to attend the LET Your Story Talk launch on 6th December at 4-6 pm, at 400 Kent Street, Sydney NSW. Refreshments will be provided.

At the launch, we have invited the nine students to be part of a panel discussion about the challenges for international students in Australia impacting their mental health alongside mental health professional staff.

Please register for the event via the following link by Friday 2 December 2022: [LET - Launch RSVP](#)

I am looking forward to meeting you in person at the event and celebrating the launch of this valuable resource.

Warm regards,

Sharon Cook

ISANA National President

ISANA and SIC project management team