



LET YOUR STORY TALK - Mental health support toolkit for international students.

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 destigmatising 'mental health'.

For international students, this session will be an opportunity to:

- see some of your experiences reflected
- discover new ways to seek help and overcome barrier
- reflect upon and discuss your own experiences
- be inspired
- find new resources and services that can help you

For International student support staff and providers, this session will be an opportunity to:

- gain deeper insight through the stories into the barriers students face and the ways they seek help
- reflect on your practice, supporting students with complex issues

- consider ways to facilitate and communicate with students via the suggested tips and talking points
- understand the ways students navigate services and systems
- explore better support pathways
- consider how you can use this toolkit in your work

Join us for a special online showcase of the toolkit:

- **Date:** 28th Sep 2022
- **Time** 2.00pm - 3.00pm (AEST)
- **Registration:** via Zoom, <https://us02web.zoom.us/meeting/register/tZMrfuqgrT8sHdANB7ib5TJwtQDuNbgJ2ZcF> . After registering, you will receive a confirmation email containing information about joining the meeting.

Get a sneak peek into this interactive resource and discover how it can work for you!

Warm regards,

Annette Kalczynska
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Let Your Story Talk

Mental health support toolkit for international students



Hear it first!

INVITATION

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REGISTER HERE

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For more information:
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STORYS:CONNECTION
International Students, Bridging Diversity



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