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# MEDIA RELEASE

*a love of  
Life...*

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Stand with us

Ryan Catholic College, Kirwan is one of only two organisations in Townsville, and the only school, to be awarded a Queensland Mental Health Week Community Event Grant for 2017.

Following a desire to promote Mental Health awareness among students, a small committee of students was formed earlier this year at the school called the, 'Stand With Us' committee. Founded by two Year 12 male students, Bob Hart and Corey Kranz, following the news of a couple of young males dying from suicide within the local community, the boys were passionate to ensure that students were aware of how to care for their mental health, and how and where to access support during difficult times.

Students initiated a Mental Health Workshop and Expo in July to promote awareness for Mental Health issues prevalent amongst young people. These issues often go unnoticed due to social stigma which stops friends from being honest about how they feel. The 'Stand with us' committee are challenging these ideas, breaking down barriers and giving students the courage to come forward and seek support.

Mental Health Week will be celebrated from 9-13 October at Ryan Catholic College and the Grant will enable a whole week of activities to be funded. Each lunch time, there will be an activity which will provide the school with opportunities to gather as a school community and grow connections, while linking this to mental health and wellbeing. The activities include getting physical with Zumba, finding inner peace with Christian meditation, or a lunchtime rock concert featuring popular local band, Euphoria.

The 'Stand with us' committee will continue promote ways to strengthen mental health and connectedness through a more positive platform," said David McNeale, Principal Ryan Catholic College, Kirwan.

"Building connections and relationships is vital in maintaining good mental health."

This student-led initiative has received a positive response from the student community, with a handful of Year 11 students already expressing interest to ensure this committee follows on.

ENDS

For further information, please contact:

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