ACTION EDUCATION PRESENTS

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MENTALLY SOUND

THE MENTAL HEALTH SHOW

A CRITICAL MESSAGE DELIVERED WITH POWERHOUSE VOCALS

Original Music & Lyrics by
Samwise Holmes & Jayden Lawrence

actioneducation.edu.au

Director Address From Samwise

Action Education engages students around Australia in life-changing discussions on Wellbeing, through the medium of modern, exciting performances. Our show Backflips Against Bullying, an anti-Bullying themed show that uses acrobatics and parkour to engage students, launched in 2019 and quickly became massively popular. The program blasted through the COVID void of 20/21 and now has teams performing across NSW, VIC, SA, QLD, and as of 2022 London as well.

After years of requests for a Mental Health Program, delivered by our young vibrant teams in a similarly engaging format, we are excited to finally launch our new program Mentally Sound. We have worked long and hard to ensure that this program meets the needs of the faculty, and more importantly, the students.

We look forward to continuing to make a consistent and meaningful difference to the lives of students in Australia, through our modern engaging and dynamic programs, and hope to work with you to achieve this!

What is Mentally Sound?

Mentally Sound is a program for ages 13-18, that features high energy 1 Hour performances.

Mentally Sound delivers an engaging and dynamic Mental Health program, featuring a cast of 3 incredible vocalists, in an exciting, pop-rock “interactive concert”. These are 1 Hour performances, for ages 13-18, that cover critical topics surrounding mental health.

The students are introduced to our team through a dazzling opening number, and throughout the show each performer takes centre stage to discover their own personal struggles alongside their captive audience. The song pulls the audience in, and the interactive discussions drill home the information, before the concert continues. The show educates students that we all have mental health, that it can be fragile, and must be managed carefully. The show also spreads awareness of common mental health conditions, addressing topics such as Self-Esteem, Anxiety, Body Image, Depression, and Sucide.

A Musical Show?

This is not some cheesy, childish musical performance. The topics are addressed meaningfully and sensitively, with an injection of comedy, an original catchy pop/rock score, and hard hitting messages for the students to take away.

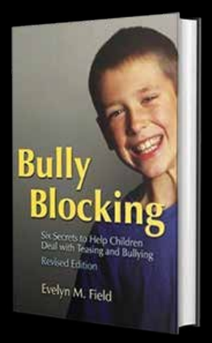
The most influential people in a teenagers life are the singers and artists they respect and look up to. The Mentally Sound performance team are young, vibrant professionals, and some of the most spectacular vocalists in the country. We know that in order to engage your students we need to build rapport, gain their respect, and win their favour; something Action Education has proved phenomenally successful at in schools across Australia.

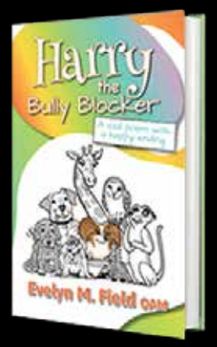
SUCCESSFUL EDUCATION =
GREAT CONTENT + SOLID ENGAGEMENT,
AND WE HAVE THAT IN SPADES.

Evidence-Based Approach

ACTION EDUCATION IS SUPPORTED BY BULLYING EXPERT AND PSYCHOLOGIST EVELYN M. FIELD, OAM.

Evelyn M. Field, OAM is a practising counselling psychologist in Melbourne and a Fellow of the Australian Psychological Society. She was awarded her OAM for her initiatives for school and workplace bullying. Evelyn is also the author of "Harry the Bully Blocker" (2022) and "Bully Blocking" (2007), a popular schools' guide to anti-bullying practices.





Topics We Address

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EVERYBODY HAS MENTAL HEALTH

Mental Health is just as important as Physical Health, but we don't treat them the same way. The first dominant message we bring to the kids to to remove any expectation that Mental Health is only about mental illnesses. The importance of taking care of your individual mental health, and the impact that different stresses can have upon all of our fluctuating mental states is something everybody needs to take as seriously as their physical health.

SELF ESTEEM & BODY IMAGE

Self Esteem and our individual mental health are inextricably linked. This is of the most dominant issues facing teenagers today, and body image is one of the primary stresses that impact self-esteem. Through a big pop/rap number called 'Extrovert', we dive into the self-worth and body-shaming issues facing one of the primary characters. By showing that even somebody seemingly happy can have struggles we can't see on the inside, we encourage students to look out for their friends beyond what they see on the surface.

ANXIETY

Anxiety, and anxious feelings, are perpetually misunderstood, and can drive a wedge in relationships when they're not understood correctly. Through an insightful comedic number called 'Anxiety Girl!', the students hear first-hand the experiences of somebody who suffers from Anxiety, and what a panic attack feels like. We show how severe the overall mental health impact can be for those who are suffering, when their peers don't understand the behaviour linked to anxious feelings.

DEPRESSION & SUICIDE

The topic of depression and suicide is addressed sensitively and thoughtfully through the eyes of Andy, who struggles with bottling his emotions due to social pressures to appear masculine. Through his rock song 'Man Up', we see his decline as the pressure builds for him. At his lowest point, we see what actions those around him could take to help. A big rock finish with an equally powerful message ensures that the students leave the performance with a renewed look about the expectations they place on their peers.

EMPATHY (WE ALL EXPERIENCE THE WORLD DIFFERENTLY)

We help the students to gain an understanding of what a mental health disorder can feel like, and the impacts it can have on your life, by firstly establishing that different people experience and interpret situations entirely differently from each other. For someone with a mental health condition, there's not always a rational reason for a certain feeling, which can be a difficult idea to grasp. We can help students instead to relate it to feelings they will understand, to give them a stronger idea of the difficulty others face.

LOOKING OUT FOR EACH OTHER

Whether it be normalising and encouraging our friends to seek professional help, or understanding tactics that can be used when you or a friend is having a mental health struggle, we can empower students to help each other on a social level. Each scene instills awareness of the signs and triggers they may need to look out for, and teaches tactics they can employ if they ever need it.

Cost

SINGLE

1 Show | 1 Day

$2,200

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* Minimum $5.00 per head

NO DEPOSIT REQUIRED

DOUBLE

2 Shows | 1 Day

$3,100

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* Minimum $5.00 per head

NO DEPOSIT REQUIRED

*Additonal travel fees may be applicable

Contact Us

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FIND US
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“This is why you should call them for your school. If you say totally yes to this you’re awesome, if it was no you’re probably going to be insane or die!”

- Mikayla, Year 2

Spell-checked by Action Education