



Do something about it: Getting Help Series



Evidence ratings:

This resource has undergone expert review. See our [Help/Q&A section](#) for more details.

Year: Year 7–8, Year 9–10, Year 11–12

Targeted Drugs: [Drugs \(General\)](#)

Tags: [help-seeking](#), [support services](#), [psychiatrist](#), [psychologist](#), [school counsellor](#), [youth worker](#)

Time Allocated: Partial lesson (under 45mins)

Links to National Curriculum:

[ACPPS072 \(Yr 7–8\)](#), [ACPPS076 \(Yr 7–8\)](#), [ACPPS077 \(Yr 7–8\)](#), [ACPPS095 \(Yr 9–10\)](#)

Origin: Australian

Cost:

Free

Developers

- Youth Beyond Blue.

Available

Summary

Video length: Five short videos, each 5 minutes or under.

Covering:

- Access [Getting Help: Intro](#)
- Access [What does a youth worker do?](#)
- Access [Getting help from a school counsellor](#)
- Access [What does a psychologist do?](#)
- Access [What does a psychiatrist do?](#)

This video series encourages help-seeking by providing useful information about support services and the process of seeking help. It helps students differentiate between support services, such as general practitioners, psychologists, psychiatrists and social workers, and addresses concerns that young people may have, such as concerns about confidentiality, medication, and stigma.

Expected Benefits

- Increased awareness of support services.

Evidence Base

Expert Review*:

This video series was developed specifically for young people and provides detailed information about different types of health professionals, what they do, and how they can help. The series is age-appropriate and credible, with a high production quality and a simple question-answer interview format. The videos focus on help-seeking for mental health issues. Drugs and alcohol are not explicitly discussed; nonetheless this is an excellent resource for promoting help-seeking behaviour more generally. It allays common fears that young people may have about seeking help by providing specific information about costs, referrals, medication, the format and frequency of appointments, and confidentiality. The video successfully depicts health professionals as non-threatening and accessible, and may help teenagers feel more confident to seek help.

* Review provided by researchers at the Matilda Centre for Research in Mental Health and Substance Use at the University of Sydney.

Page last reviewed: 7 November 2019