



RYSS

Regional Youth Support Services Inc.

Practical Support for Children, Young People & Families

YOUTH COLLECTIVE PROGRAM

HEALTHY LIVING PROGRAM

Healthy living is program that promotes the benefits of a healthy lifestyle. Mental health and physical health are closely connected. Mental illnesses, such as depression and anxiety, affect people's ability to participate in health-promoting behaviors and un-healthy life choices can have an adverse impact on people's mental health.

The Healthy Living program informs young people of these mental illnesses as well as their symptoms and triggers. It provides young people with coping mechanisms and strategies to minimise the effects. It helps to identify less healthy habits and learning new, positive ones to replace them. This is presented in a group discussion format where young people are encouraged to participant and contribute their thoughts and opinions.

www.ryss.com.au

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