

Who are the High 5 Helpers (Mental Health Ambassadors)?

The High 5 Helpers are a group of students from Year 2 and Year 5 who have been chosen by their teachers to help their peers during break and dinner times.

The High 5 Helpers have been trained by a Mental Health Professional to notice signs of mental health difficulties in their peer groups, how to promote good mental health and support those who may be struggling.

The High 5 Helpers meet regularly with Miss Hardwick to discuss ideas and gather resources to improve the overall wellbeing of their peers.

The High 5 Helpers are a supportive group of students who demonstrate kindness, resilience and good communication skills.

