

About GROW

Grow is a community-based mental health organisation that helps Australians recover from mental illness through a unique 12 step program of mutual support and personal development.



Toll Free Information Line
1800 558 268

For more information
Please visit www.grow.org.au

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GROW | 
mental wellbeing programs

GET
GROWING
PROGRAM



What is Get Growing?

The Get Growing specialised mental health program for schools is an initiative of GROW Australia and has been developed to meet the needs of young people. Early intervention can help to prevent mild depression which can often develop into deep despair.

The program runs over 10 weeks with a new topic explored each week. Topics include

- Resilience
- Feelings
- Friendship
- Problem Solving
- Safety
- Personal Value
- Strengths
- Goals
- Stress
- Dealing with a crisis



There's often only help available to young people who have severe and urgent needs. Get Growing is targeted at young people who may be 'at risk' to prevent or minimise mental health issues before mental health declines or reaches crisis point.



Why does Get Growing work?

Young people turn to their friends for support and are deeply influenced by their peers. Get Growing embraces these natural support networks and promotes a safe peer group setting where young people learn to speak up and break the silence on the things that lead to poor mental health. The peer support program allows the participants to normalise mental health problems and reduce feelings of isolation, loneliness, and hopelessness for all involved.



How it works

Get Growing takes place in a group setting allowing young people to share their concerns with their peers in a safe space. Everyone gets a chance to share a problem if they want to but it's okay to not want to share too. Get Growing takes place over 10 weeks focusing on an engaging, relevant life topic. The group setting encourages the participants to help one another problem-solve and develop strategies for achieving positive changes in their lives.

Each session is facilitated by a GROW support worker while support between sessions is overseen by a suitable representative from the school. The GROW support worker is always contactable and available for guidance to school representatives throughout the duration of the program.