

## Who Is GROW Australia?

GROW Australia is a community-based Mental Health Organisation with branches around Australia. Since 1957 the Grow Program has helped thousands of individuals to improve their mental wellbeing and personal development, through its peer support programs.

GROW Australia hosts a series of Grow Programs, aimed at empowering individuals to overcome obstacles and live full lives of meaning, optimism and hope. All of GROW Australia's peer to peer Programs are evidence based and informed by consumer experience.



**GET GROWING**  
**Youth Program**



A safe space for young minds to grow



**GROW** | mental wellbeing programs

### Find your nearest GROW office

To find the nearest GROW office, call 1800 558 268 to transfer to an office in your State or Territory.

### Toll Free Information Line

1800 558 268

### For More Information visit

[www.grow.org.au](http://www.grow.org.au)

Everyone is welcome at GROW





## What is the Get Growing Program?

Get Growing is an evidence-based, peer to peer mental wellbeing Program developed by Grow Australia for young people aged 11 to 17 years. The Program is a safe space for young minds to grow and is delivered in organisations for the duration of ten weeks, by specially trained Youth Program Workers. Young people cover a series of modules which are based on the Australian Curriculum, to learn unique strategies and problem-solving tools for navigating the challenges of day-to-day life. The main aim of Get Growing is to promote mental wellbeing and resilience early on, by empowering individuals to achieve positive changes in their lives which will follow them into adulthood.

Topics explored include:

- Resilience
- Feelings
- Friendship
- Problem solving
- Safety
- Personal value
- Strengths
- Goals
- Stress
- Dealing with a crisis.



## Why Does the Get Growing Program Work?

Get Growing is underpinned by conclusive research which shows that young people are significantly influenced by their peers and peer to peer support is very effective. The best way for meeting the needs of young people is to equip them to help each other.

What makes Get Growing unique is that it is not a presentation for a large group or class education module, but rather is an evidenced- based peer to peer support Program. The Program is beneficial to any young person but organisations may identify that particular young people would benefit more than others by participating.

## How Get Growing Works

Get Growing is delivered in a structured, safe, peer group setting where young people are encouraged to share their stories, challenges, successes and progress with each other, while offering mutual support. Individuals learn that they are all intrinsically valuable and equal human beings who share similar problems. Building on their strengths and abilities, young people are encouraged to change aspects of themselves which no longer serve them. By realising that they are more alike their peers than different, young people are less inclined to feel isolated, lonely or hopeless about situations affecting their lives. Outcomes of the Program include improved resilience, greater self-esteem, self-acceptance, healthier friendships, increased motivation and better academic performance.

