Included in this session are:

- Group presentations
- Rotating review
Group presentations

The final session is for groups to present their assessment task. Your teacher will have explained to you the format of the presentations.

Rotating review

During this activity, you will have the chance to think about the different parts of this classroom program and to give feedback about what things you have enjoyed and what parts you think could have been done differently.

Your feedback is very important for your teacher, and also for the beyondblue research team. Your ideas may be used to revise the Year 8 program for future students, and to help the researchers write classroom programs for Year 9 and 10 students.

Please think carefully about the program before you give your feedback.

Closure

You should also take a few minutes to read the letter (over page) from the beyondblue research team.
Dear Year 8 Student,

We hope that you have enjoyed taking part in the beyondblue classroom component. The feedback you give us about the experience will be very useful to us in planning other classroom materials.

We also hope you have learned some valuable skills and strategies for emotional health over the last 10 sessions. It is important that over the next weeks and months you continue to work on your emotional health. There are a couple of ways you can do this. For example, you may want to read through the Reflection sections of this workbook from time to time to remind yourself of the skills you have learned. It is also very important that you keep working on your R.E.C.I.P.E for emotional health as this will help you to make the strategies and skills you have learned part of your everyday life.

Although this is the end of the Year 8 classroom program, you will learn more about the other components of the beyondblue Schools Research Initiative in your school over the coming months. Then, in Year 9, you will begin another classroom program.

Until then, we want to thank you for taking part in the classroom program, and we hope you have a healthy and happy year.

Kind regards,

The beyondblue research team
Sources of support

1. **Best friend**
   - www.beyondblue.org.au
   - www.reachout.com.au
   - www.kidshelp.com.au
   - www.ybblue.com.au

2. **Boyfriend**
3. **Girlfriend**
4. **School friends**
5. **Friends outside school**

6. **Parents**
7. **Relatives**
8. **Guardians**
9. **Brothers/sisters**

10. **Pastor**
11. **Teacher**
12. **Welfare**
13. **Principal**
14. **Counsellor**
15. **Office staff**
16. **School nurse**
17. **Support teacher**
18. **Guidance Officer**

19. **Specialist Doctor**
20. **Minister/Priest**
21. **Family Doctor**
22. **Social Worker**
23. **Psychologist**
24. **Psychiatrist**
25. **Counsellor**
26. **Therapist**

27. **Crisis Care**
28. **Church**
29. **Life Line 13 11 14**
30. **Youth Hotlines**
31. **Disability Information**
32. **Alcohol & Drug Services**
33. **Youth Emergency Services**
34. **Kids Help Line 1800 551 800**

35. **Websites**
36. **School**
37. **Community**
38. **Family**
39. **Friends**