



NSW Students to discuss stress and anxiety during the HSC today

Today, as part of National Youth Week, Youth Action will host **Shift This: HSC Edition** – where over one hundred Year 11 and 12 students will come together to discuss stress and anxiety during the HSC.

Bringing together students from across NSW at Sydney Town Hall, the peak body representing young people and youth workers will host an all-day event to unpack the difficulties of the HSC and develop coping strategies that students can take back to their schools to share.

“This is a fantastic opportunity for students to have a say on the issues that are affecting them.” said Eamon Waterford, Director – Policy & Advocacy at Youth Action. “Every person that has gone through the HSC understands that it is a difficult time, and research tells us that this significant transition can impact seriously on young people’s wellbeing.”

During the day, students will have the opportunity to discuss the issues they are facing, in a collaborative space which will inform the work Youth Action does on the issue of stress during education over the next year.

They will also have the opportunity to hear from experts in the field of youth mental health and wellbeing, including:

- Study without Stress – a program run by the Centre for Emotional Health at Macquarie University, which teaches students cognitive and behavioural skills to manage the stress of the increased workload and pressure for performance associated with the HSC.
- Batyr – *‘giving a voice to the Elephant in the room’*; a Youth-Led which aims to foster an environment where seeking help and talking about mental health is not only acceptable but is encouraged and supported.
- The Inspire Foundation – a leading organisation in the cause to improve mental health and wellbeing for young people.

Following Shift This: HSC Edition, Youth Action will work with participants over the next 6 months in the lead-up to the HSC to share the messages developed over the day.

For additional comment, please contact Eamon Waterford, YAPA Director – Policy & Advocacy on 0431 534 790.