## Breathe Casy **High School Anxiety Awareness** PENOLA CATHOLIC COLLEGE

\* CAMPAIGN MADE BY \* LILY, LIV, BELLA AND OLLIE.

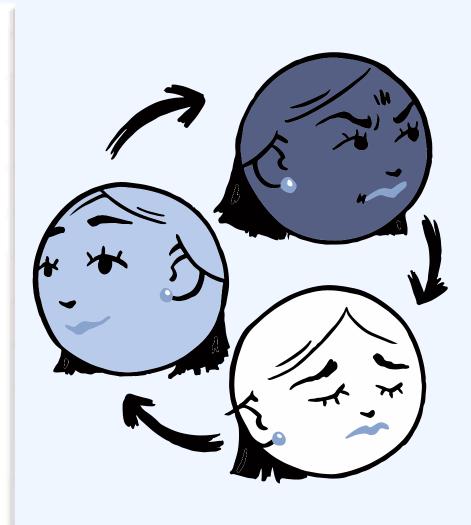


### Introduction: Who are we?



4 students from Penola Catholic College



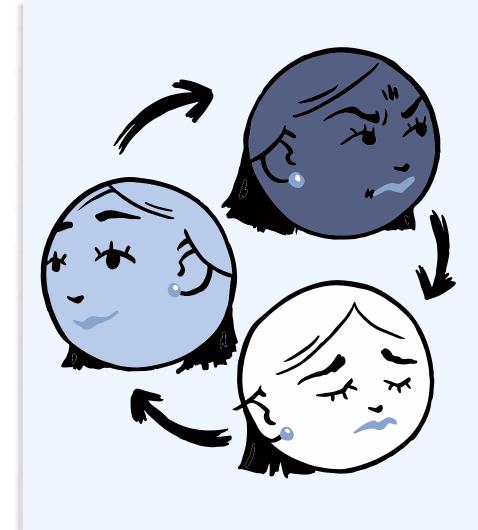




### Introduction: Who are we?



Speaking about health issues among young people: anxiety

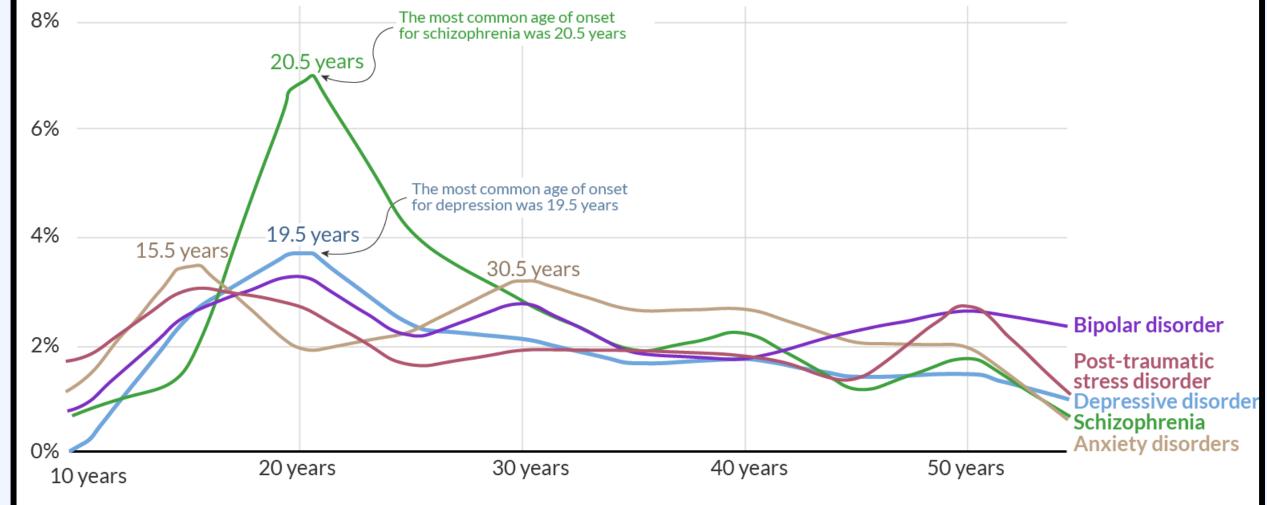




#### Background

#### Age of onset of mental health disorders

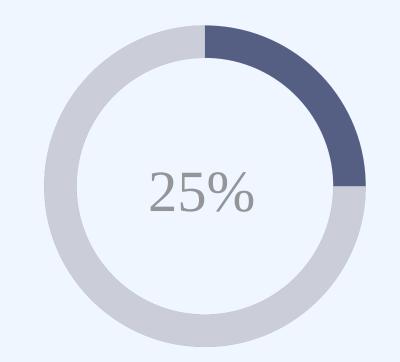
Share for whom the disorder begins at a given age



Source: Marco Solmi et al. (2021). Age at onset of mental disorders worldwide: large-scale meta-analysis of 192 epidemiological studies. *Nature Molecular Psychiatry*.

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Our World in Data







35 minute vocal and visual presentation





35 minute vocal and visual presentation



Peer to peer education





#### 35 minute vocal and visual presentation



Peer to peer education



A personal story





35 minute vocal and visual presentation



Professional advice



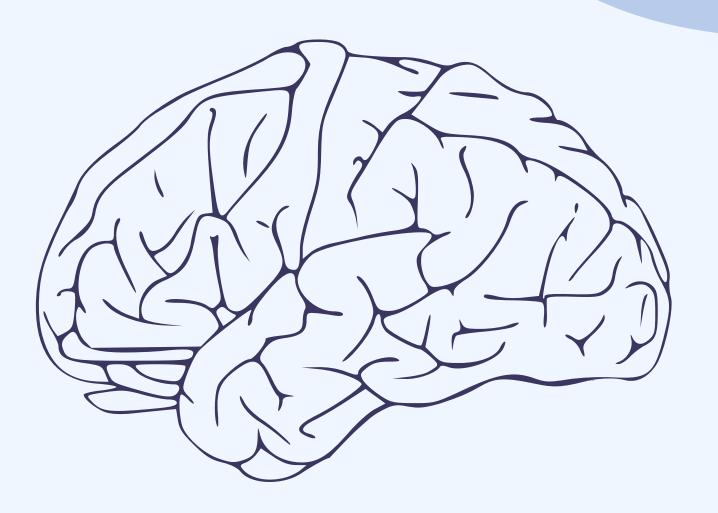
Peer to peer education



A personal story



# Why is this campaign effective?





informative





# Why is this campaign effective?



informative

relatable





# Why is this campaign effective?



informative

relatable

EMPOWERING!!





So remember to ....

BREATH