

heal



QUEENSLAND'S EXPRESSIVE THERAPIES PROGRAM
FOR STUDENTS FROM REFUGEE BACKGROUNDS



HEAL provides school-based expressive therapy services, ensuring trauma is not a barrier to learning.



"HEAL has helped students to build emotional resilience."
School Wellbeing Team Member



"Students are always telling me how much HEAL has helped them."
Deputy Principal



"Students leave HEAL seeming calm and happy."
School Chaplain

www.healqld.com.au

Part of  QPASTT



About HEAL

Established in 2004, HEAL is a school-based specialty mental health program supporting the wellbeing of young people from a refugee background.

A targeted, evidence-based early intervention

HEAL is a targeted, early intervention response for recently arrived refugee students, helping them navigate their trauma-recovery, settle into schools and bridge the gap of their disrupted schooling, through:

- Individual and small group therapy
- Transition support
- Crisis support

Expressive therapies are evidence-based and delivered by qualified therapists. HEAL therapists work with school staff, families, cultural communities and other service providers to support young people in our program.

Supporting school wellbeing cultures

HEAL therapists are based in schools, often as members of the Wellbeing Team, supporting wider school activities focused on wellbeing and positive culture for the entire staff and student body.



The HEAL Program

Supports students to:

- Improve their emotional regulation and wellbeing in the classroom
- Engage with learning
- Improve their relationships with teachers and peers
- Increase their self awareness, confidence and self-esteem
- Improve their mental health

HEAL's expressive therapies are less stigmatising for young people, have a focus on fun and creativity, are effective at reducing stress and isolation, and foster connection and positive relationships.



Contact HEAL



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