



THE BREAK



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JOIN US

WALK-IN-
NATURE

Where?

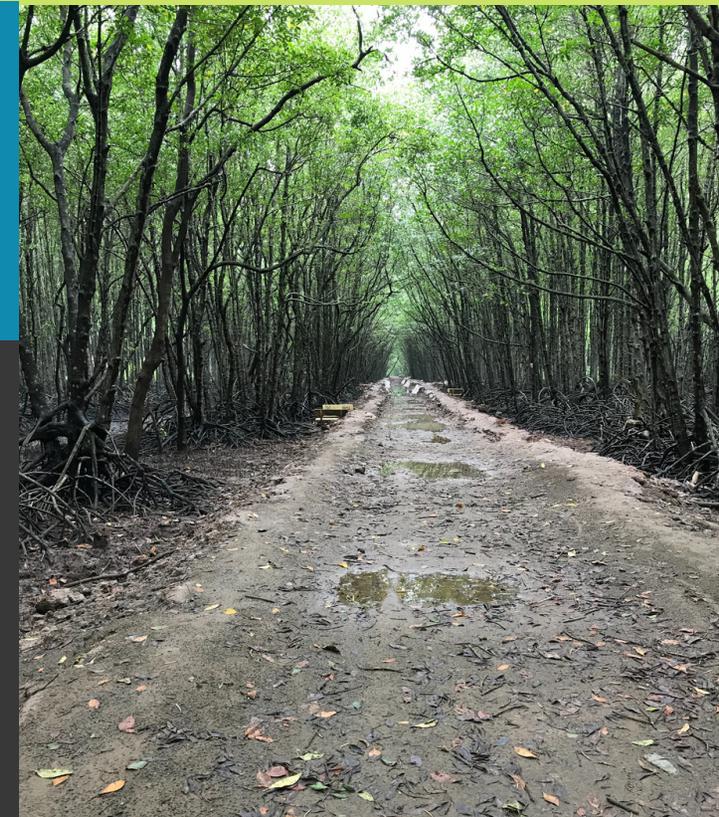
This program is adaptable to suit green spaces and parks of your choice.

Cost?

This initiative is fully government funded. Travel, food, and materials are all covered by government funding through government grants.



get in touch!

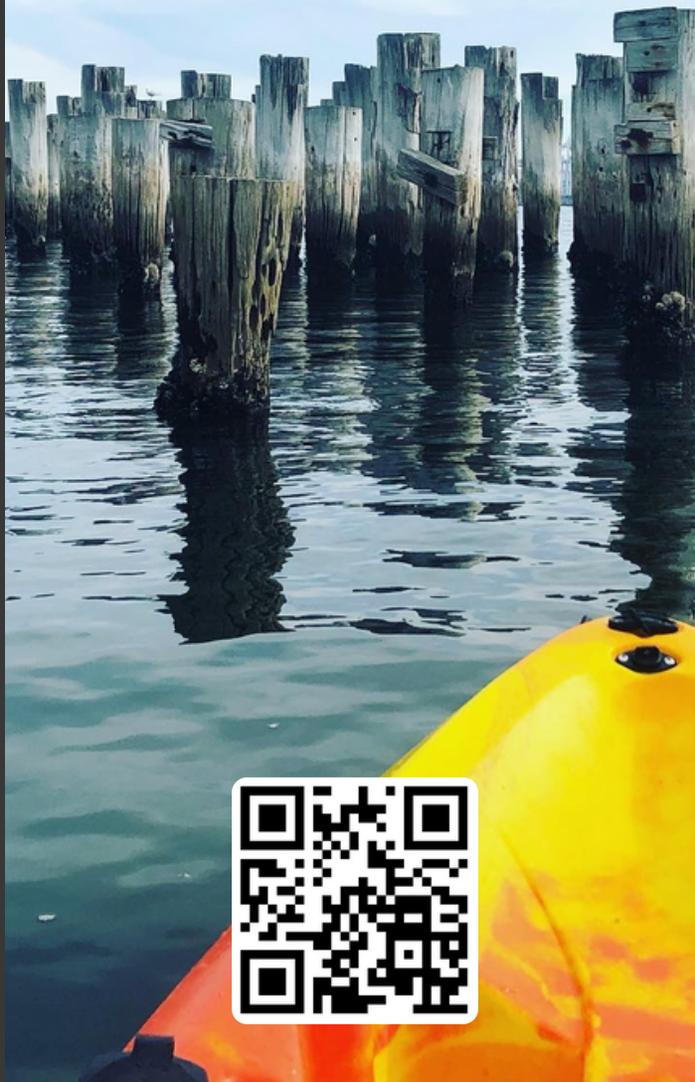


THE HISTORY & CREATION OF "WIN"

A recent initiative in Scotland compared referral pathways when people presented to the General Practitioner with depression. They were offered the Mental health Ranger program (MHRP) or antidepressants. The MHRP involved going to a national park and taking a multi-hour tour of the park where they would walk, and learn about plants, animals and the park's other significant features. A 12-month follow-up revealed for mild to moderate depression that the MHRP was more effective than anti-depressants at alleviating depression.

The Break's research and development process included MHRP and other similar programs to inform the design of the WIN program. WIN has integrated a variety of beneficial interventions to create an inclusive and engaging program that promotes social skills, play, resilience, expression, mental and physical well-being and learning. Some of these activities include; creative arts/nature arts, mindfulness, exercise, music, games, puzzles, conservation education and action.

The Break seeks to help those who fall through the cracks in the current social service system with innovative programs



WIN YOUTH PROGRAM

WHO IS IT FOR?

This program is for young people (12-25 years old) who want support to help them thrive. This is designed to support youth with increasing social skills & connection, confidence, and assist stress management, and their overall mental & physical wellbeing.

WHAT SHOULD I EXPECT

We combine an easy-going, guided walk through nature with art, mindfulness, music and other self-development activities and games. We can also include a picnic lunch

WHY "WIN"?

Recently many Australian youths have struggled with loneliness and mental health. This has wide-ranging effects on youth engaging in school, work and how they show up in the world. This program aims to make a difference via empowering youth by sharing their stories and up-skilling. We have considered the different learning styles, strengths and challenges young people have to create a program that offers something for everyone.