

ROCKIN' FOR MENTAL HEALTH HIGH SCHOOLS PROGRAM

**BIPOLAR
BEARS**
B A N D



Adam Pollock, Mick Seymour and Daniel McGuinness

The Bipolar Bears band is a Wild@heART Community Arts Project

The **Bipolar Bears** band is Australia's best loved band rockin' for mental health. Having each experienced mental ill-health, the band members are passionate about promoting understanding and acceptance of mental illness in the wider-community and fighting the stigma that gets in the way of people taking the steps they need to seek help and recover.

Rockin' for Mental Health is a one-hour program aimed at secondary school students. The band taps into young peoples' appreciation of music and provides information on how to understand when you have an issue and how to seek help.

The program aims to inform teenagers to:

- recognise they are not alone if they are experiencing ill mental health
- realise there are people who you can provide support and assistance
- understand that there is hope in getting better once you seek help

The program runs for one hour and includes:

- several songs including covers and original tracks
- band members' sharing parts of their journeys in recovery
- information regarding how to seek help for yourself or someone else
- opportunities for questions at the end of the performance

The program can be presented either to single classes, single year-levels or to whole-school assemblies. If it is unable to fit into study periods then lunchtime sessions is an option as well. An effective way to incorporate it in the curriculum is to include it as a part of an event or wider 'Health Day' during Mental Health Week or Youth Week.

Contact us with any queries on how to see Bipolar Bears at your school.

For school bookings and quotes contact:

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