What programs do we provide?

Spark provides programs that reduce isolation and build resilience, life skills, and connections with supportive adults through on-location occupational exposure and one-on one guided communication. We also provide programs to facilitate youth inspiration and engagement with their peers, such as hands on S.T.E.M. exploration programs.

All our programs are tailored specifically to each youth, making sure that the young person has input into who their sponsor will be, when their meetings will take place, and for how long they will work together.

Activities in a Spark program can include:

- Participating in a safety planning intervention where they personally identify what is worth living for

- Discussing the youth's worries and concerns and discovering what they are passionate about

- Choosing and meeting a sponsor that works in a profession or has a talent that they find interesting or inspiring

- Shadowing their sponsor as they do their job or express their talent and have experiences that are meaningful, educative, motivational and fun

- Participating in opportunities that improve the young person's practical and social skills and build long-term resilience and supportive connections

We do not provide counselling or therapy services. However, we do work closely with other service providers who can provide these services when they are needed.

Who is eligible for our programs?

Anybody between 8 -23 years of age can access our free programs if they are experiencing **any** of the following:

- Are depressed, or are experiencing a hard time at home, work, school or with friends

- Are experiencing stress or lack of purpose, meaning or inspiration in their life

- Some level of suicidal thoughts or self-harming

- Made a previous suicide attempt or know someone who has

For more information request our youth info pack from our website – www.sharethespark.org.au

Spark works with schools and teachers, health providers, government service professionals, friends and families to connect with youth who may want our services. We also work closely with mental health providers to ensure the safety of our youth participants and our volunteers.

Share the spark

Empowering young people to make life affirming choices.

www.sharethespark.org.au

What is Share the Spark?

Share the Spark Inc. is an ACNC approved charity with the purpose to ignite a spark for life in young people and reduce their risk of suicide.

How can I participate?

To volunteer, refer a youth, or become a youth participant you can -

Email us at: succeed@sharethespark.org.au or complete the information form on our website at: www.sharethespark.org.au

What happens next?

Once your information is received, we will get in contact with you usually with 24 hours. From there we will set up training, sponsor meetings or other services depending upon what you request.

What does it cost?

There is no charge for our programs. However, we gratefully accept donations as we are self-funded. All donations over $2 are tax deductible. We especially appreciate the donation of your time!

How to donate?

To donate or for further information please visit our website at

www.sharethespark.org.au

Who can volunteer to be a mentor?

Anyone who is passionate about what they are doing and cares about the wellbeing of today's youth can be a youth sponsor. As a volunteer, you will need to pledge a minimum of 4hrs/month, complete a safety check, and attend two training programs before you are partnered with a youth.

For more information request our volunteer info pack from our website - www.sharethespark.org.au

www.sharethespark.org.au

When you become a Spark volunteer you will be:

- Provided with suicide prevention training

- Given materials and training that ensure you can:
  - ➢ have beneficial and inspirational discussions with young people
  - ➢ help youth identify a potential crisis and reduce the risk of getting into such a crisis
  - ➢ enable young people to be more resilient when things do become stressful