

Grounded

creative approaches to mental health

Grounded is a proactive wellbeing initiative offering a range of low-pressure art programs for young people and communities.

This hands-on approach to mental health is research-led and grounded in curiosity, collaboration and process over perfection.

The mental Health crisis

- 1 in 5 Aussies aged 16-24 age have a documented mental health condition
- 1 in 4 children between 8-14 experience low self-esteem
- 1 in 10 people aged 11-17 are reporting attempts of self-injury.
- The leading cause of death among young Australians is suicide.
- For every 5 people who die by suicide, 3 have *never* contacted mental health services for support.

While many wellbeing initiatives exist, they are often introduced too late — when young people are already experiencing distress. Others focus on teacher training or rely on classroom-style delivery, which can feel abstract and inaccessible.



What's missing is a preventative, engaging approach that centers around young people's experience and reaches them sooner.

The Grounded approach

Grounded responds to Australia's youth mental health crisis with programs that are both **evidence-based and creative**. By addressing a gap in current services, we provide integrated, non-clinical mental health support in schools and communities.

Designed as a soft entry point into bigger conversations about mental health, our programs focus on **prevention and resilience-building**, offering accessible, low-risk ways for young people to strengthen their wellbeing before challenges escalate in adolescence.

Drawing on principles from positive psychology psychosocial frameworks, and cognitive behavioural therapy, *Grounded* gamifies artmaking to introduce

practical mental wellness strategies and resources with an approach that is **active, embodied, and hands-on**.

Through playful, creative processes, students build **emotional literacy**, practice **optimism**, bolster **self-esteem** and develop a sense of **mastery** that they can carry forward as they grow.

A hallmark of every *Grounded* program is the **community artwork** — a co-designed piece made from student contributions and curated by our artist-in-residence. Installed on site, it stands as a permanent reminder of what's possible when you try new things, support one another, and trust the process.

Your Facilitator



Jenni Tyler is a multidisciplinary artist and workshop facilitator with a background in psychology, youth engagement, and community wellbeing.



Her creative practice spans painting, sculpture, textile, and mixed media with a strong emphasis on interaction, storytelling, and personal expression.



Working extensively across mental health, education and the arts, Jenni delivers initiatives to foster creative thinking and open conversations about mental health. Her approach is trauma-informed, playful, and rooted in connection.



Sitting at the intersection of art, science, and experience, Jenni explores how creativity can be harnessed to support healthy psychological, social, and emotional development.



Past Wellbeing Projects

[Fundraising for headspace](#)

[Clearly Me](#)

[Festival of Care, SESLHD](#)

[Big Trauma/Big Change, MAS](#)

[Changing our Ways, Warwick](#)

[The Empathy Clinic](#)

[Mind-Full, headspace](#)

[The Big Anxiety Festival](#)

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