

**MEDIA RELEASE****1 November 2021**

# Exposing issues around youth mental health

Exposure Live is a new video-on-demand service supporting positive mental health in our youth. The platform delivers high quality video recordings of live, youth-theatre performances along with teaching resources for schools, universities, parents, and youth and mental health organisations across Australia, giving them the opportunity to engage young people in meaningful discussions about issues that affect them directly.

Recent Headspace studies indicate that high school students are experiencing higher levels of stress, anxiety and depression over the past two years as they grapple to deal with the global issues affecting them.

Co-founder of Exposure Live, Lisa Apostolides stated how important it is for young people to have a safe environment to share about mental health and realise they are not alone.

“The performances on Exposure Live reflect real life scenarios of young people experiencing mental health issues. The conversations need to be had in as many settings as possible to provide the support our youth need. We always advise teachers, facilitators and parents to check all materials before sharing, to be mindful of timing, setting and having additional support.”

Exposure Live is delighted to partner with SAE Creative Media Institute’s students in the filming of performances, the creation of original soundtracks, and elements for the website. “SAE is such a respected name in creative media education, and it was a real pleasure to give their students the opportunity to gain on-the-job experience, whilst being a part of a national campaign to make a difference to the mental health of young people.” commented fellow co-founder, Nigel Haslam.

Design student, Jodi Havill who created the new logo for the platform said the cause can have a lasting impact. “Services like Exposure Live, which gives young people the opportunity to hear sensitive topics from other youth is amazing. Performance is such a powerful way to communicate and open up a conversation on subjects that can sometimes be difficult to approach.”



ANIMATION

AUDIO  
& MUSICCREATIVE  
INDUSTRIES

DESIGN



FILM



GAMES

WEB &  
MOBILE

SAE General Manager, Dr Luke McMillan was eager to support this important partnership. “Every year, one in seven young people aged 4 to 17 experience a mental health condition. As an organisation interacting with young adults, we have a responsibility to be part of the solution, that is why we are proud to support the valuable work that Exposure Live is doing and hope to raise awareness of this issue.

“A major aspect of our teaching at SAE is to provide our students with the tools and skills to be industry ready from the first day they graduate. The learning experience our students will have working with Exposure Live will be invaluable to them in their development; not only will they refine technical skills, they’ll be using their craft to support a worthy cause too.”

*SAE Creative Media Institute understands creators, and through partnerships like Exposure Live, provides its students with the experience, skills, equipment and connections to succeed in the industry. Find out more at [sae.edu.au](http://sae.edu.au).*

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**Imagery:** A production on Exposure Live; and an SAE student directing a scene



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## About SAE

*SAE Creative Media Institute is the place for creatives and innovators. Since 1976 we've been the leaders in creative media education across animation, audio, creative industries, design, film, games, web and mobile. Every year, we support more than 10,000 students globally to develop the skills and experience needed to carve successful careers. Students enjoy access to the latest technology and are taught by industry-experienced faculty, while putting their skills to the test in small class environments. Our graduates become part of a highly-respected global community of creatives that's been around for over 40 years. We pride ourselves on being technically explorative, transformative and brave through our range of creative media programs, from short courses and professional training through to bachelor and postgraduate degrees. In Australia, our programs are delivered at campuses in Sydney, Brisbane, Byron Bay, Melbourne, Perth and Adelaide. SAE is a part of Navitas Pty Ltd. More information about SAE is available at [sae.edu.au](http://sae.edu.au).*

## About Navitas

*Navitas is a proud Australian company that pioneered an innovative university partnership model of education in Perth in 1994. Its entities have delivered education programs across the country since 1976. Further information about Navitas Pty Ltd is available at [navitas.com](http://navitas.com).*



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