



Want to learn more about teen mental health?

Free information sessions for parents and carers

Parents and carers play a pivotal role in recognising the wellbeing of their teen, yet many struggle to understand how they can support their young person with their mental health.

Co-designed with parents and co-delivered by a clinical psychologist facilitator and youth lived experience advisor, our parent presentation is an opportunity for high-school parents and carers to learn more about teen mental health and how to best support and connect with a young person during tough times.





Who is this for?

Parents, Carers, and Guardians of teen-aged youth.

What will parents learn?

- Understanding mental health in adolescence, including insights from the Future Proofing Study
- What is mental health and when to be concerned
- Key strategies to support adolescents
- Having the conversation – what to say and how to create a supportive environment
- Getting help – health professionals, online and digital support for parents and adolescents
- Promoting healthy habits – including building connections, sleep, and screen use

How long is the webinar?

90 minutes, including Q&A.

Available dates

- **Tuesday 17th February, 7PM (AEDT)**
[Register here](#)
- **Monday 23rd March, 7PM (AEDT)**
[Register here](#)
- **Tuesday 28th April, 7PM (AEDT)**
[Register here](#)
- **Tuesday 26th May, 7PM (AEST)**
[Register here](#)
- **Thursday 25th June, 7PM (AEST)**
[Register here](#)