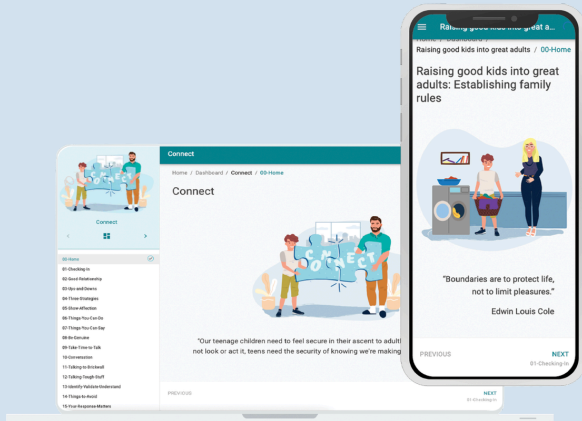


# Want to support your teen with anxiety or depression?

## Check out Partners in Parenting!



### What is *Partners in Parenting*?

- Evidence-based, online program designed to help build your skills and confidence to support your teen's mental health
- Covers parenting challenges such as communication, managing strong emotions, boundaries, conflicts, and staying involved in your teen's life while they navigate their independence

### You will:

- Receive **one of two versions** of Partners in Parenting:
  - Self-guided version (explore the online program at your own pace)
  - Peer-guided version (paired with a 'PiP Coach' who has lived experience of caring for a teenager with mental health challenges)

### You will be asked to:

- Complete some surveys at 3 time points over 12 months
- Complete up to 10 online modules, weekly
- If you receive the peer-guided version of the program, complete up to 10 coaching sessions with a PiP Coach, via videoconferencing

### You may be eligible if you:

- are an adult caring for a teen aged 12-17 years
- are concerned about your teen's anxiety or depression
- can read, write, hear, and speak English
- have regular internet access
- live in Victoria

**All parents and teens who complete surveys will receive e-gift vouchers (up to \$80 for parents, up to \$45 for teens)**



[p2p.partnersinparenting.com.au/](https://p2p.partnersinparenting.com.au/)



**Partners in Parenting**



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