



Free webinars for Parents & Carers

What is the Teen Mental Health Matters Webinar about?

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 adolescent mental health and how to best support and connect with their young person during tough times.



Black Dog
Institute





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

Wednesday 27th August @ 7PM (AEST)

[Register here](#)

Thursday 11th September @ 7PM (AEST)

[Register here](#)

Thursday 9th October @ 7PM (AEDT)

[Register here](#)

Monday 20th October @ 7PM (AEDT)

[Register here](#)

Thursday 30th October @ 7PM (AEDT)

[Register here](#)

Wednesday 12th November @ 7PM (AEDT)

[Register here](#)

Thursday 27th November @ 7PM (AEDT)

[Register here](#)

Wednesday 10th December @ 7PM (AEDT)

[Register here](#)