



# LORETO COLLEGE

The Loreto Psychological Service invites you to a parent mental health forum on

## **Navigating Your Teen's Mental Health for Years 7-12**

This presentation from the Black Dog Institute will educate parents and carers in supporting their young person to increase mental health literacy, reduce stigma and promote help seeking.

The 45-minute presentation is delivered by Anne Schwartz who has a lived experience of mental-ill health. There will be 15 minutes of Q&A afterwards.

You will learn about common mental health conditions for young people, how to spot early warning signs, when and where to seek help, how to support a young person, and how and when to have meaningful conversations.

## **Thursday 11 May 2023**

6pm - 7pm, Online via Zoom

To register, [click here](#).  
Zoom password: 249038