



 **PARTNERS IN PARENTING**
Preventing Depression & Anxiety

Raising Resilient Teenagers

A FREE online program to help you protect your teenager's mental wellbeing



- Want to understand what your teenager is going through?
- Develop a closer connection?
- Better support them through a tough time?
- Sign up to the Partners in Parenting program to learn practical strategies and stay connected with your teenager

Partners in Parenting is an award-winning, evidence-based parenting program that's been shown to increase parents' skills and confidence in ways that may reduce their teen's risk of experiencing depression or anxiety.

Program features:

- Take our parenting survey to receive personalised feedback about your parenting
- Receive up to 9 interactive online modules tailored for you
- Be part of a world leading research project.

Who can sign up?

Parents or guardians of a teenager aged 12 to 17 who:

- Live in Australia
- Are fluent in English
- Have internet access.

partnersinparenting.com.au

This program is designed to help parents whose teenagers are not experiencing difficulties with depression and anxiety. If your teenager is experiencing such difficulties, you are still welcome to take part, but we also recommend you seek help from a mental health professional.

