



HAVING A CONVERSATION ABOUT MENTAL HEALTH WORKSHOP FOR PARENTS

PARENTS
90min session
For parents &
friends in the
community

Youth Focus engages young people, parents and school staff to amplify learning and open up community wide conversations about mental health.

Parent sessions are held in the evening and include a Q&A session.

SESSION CONTENT

- ★ Facts about mental illness
- ★ Challenges of adolescence
- ★ What is mental health and mental illness?
- ★ Causes of mental illness
- ★ Depression and anxiety
- ★ How to help yourself or someone else
- ★ Mental illness and suicidal thoughts
- ★ How to maintain good physical and mental health

School: ST NORBERT COLLEGE

Room: BR PATRICK FORUM **Date/Time:** TUESDAY 12 MARCH 2019 at 7pm

RSVP: By 11 March via aroberts@norbert.wa.edu.au or just come along

