



# 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



**BETTER**  
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## 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](#)