



MENTAL HEALTH DURING THE TEEN YEARS: AN INTRODUCTION AND OVERVIEW

A one-hour online webinar introducing and providing an overview of mental health and wellbeing in teenagers, with practical ideas for parents.

The session will cover topics including:

- What is mental health and being a teenager in today's world*
- Supporting wellbeing during the teenage years – what research tells us*
- Introducing a way of thinking about teenage wellbeing – the 'three areas' model*
- Responding to teenagers and communication tips*
- Problem solving challenging situations and options for help*



Education
Wellbeing
Service



DATE / TIME

Tuesday 17th September 7.30–8.30 pm

Thursday 19th September 1.00–2.00 pm

LOCATION

Online – Hosted on Teams

Sign up to this event for free on Eventbrite (and check out our others!) by scanning the QR Code or following the link below:

[Click here to book](#)

