

BLACK DOG INSTITUTE WEBINAR EVENT:

# Navigating your teen's mental health

This webinar event is for parents and carers of any young person.

**Date:** Thursday April 19th

**Time:** 7pm - 7.45pm (AEST)

**Register:** [community@blackdog.org.au](mailto:community@blackdog.org.au)

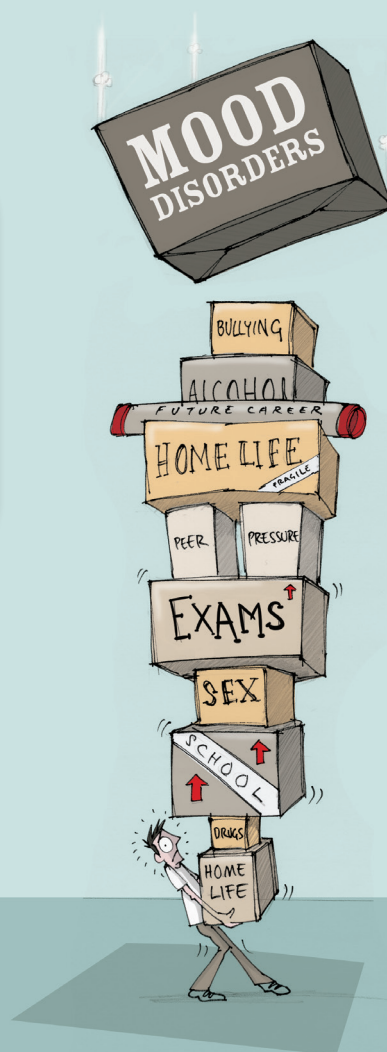
**Cost:** Free

This webinar will be delivered by a trained presenter with lived experience of a mental illness. They will provide you with insights of what it's like to grow up as a young person with a mental illness.

Whether your teen is experiencing issues now, or if you want to be prepared for the future, this webinar will benefit any parent or carer of a young person. You will learn:

- What is anxiety, depression and bipolar disorder?
- How to spot early warning signs in young people
- When and where to seek help
- How to support a young person you care about

[www.blackdog.org.au](http://www.blackdog.org.au)



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