

## FROM THE COUNSELLOR



### October is Mental Health Month

Mental Health Month is recognised and celebrated throughout the month of October in NSW. The aim of the campaign is to promote the importance of early intervention practices for positive mental health and wellbeing and reduce the stigma associated with mental health. The awareness campaign is held annually in October to coincide with the World Health Organisation's recognition of World Mental Health Day which is celebrated on the 10<sup>th</sup> of October. This year the theme is 'Share the Journey'. This focuses on the importance of social connections in our journey to better mental health and our ability to cope with life's challenges.



## Free webinar for parents from The Black Dog Institute

### Navigating Your Teen's Mental Health

24 October 2018, 6.30pm-7.30pm

Delivered by a trained presenter with lived experience of mental illness, you will gain insight into what it's like to grow up as a young person with a mental illness.

You will learn:

- about 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

For further information, please click on this [link](#).



Would you like to learn how to:

- Communicate effectively with your teenager?
- Understand your teenager?
- Help your teenager with emotional intelligence and managing emotions?
- Prevent some teenager behaviour problems?
- Teach your teenager to deal with conflict?

Tuning in to Teens™ is a parenting program that focuses on emotions and is designed to assist parents to establish stronger relationships with their teenage children. Tuning in to Teens™ aims to prevent problems developing and enhance emotional and behavioural functioning.

This term the program is being run by Headspace Chatswood. The program is run over 5 sessions from the 31<sup>st</sup> of October to the 28<sup>th</sup> of November, 6.30pm to 9pm.

See this link for further details:

[Chatswood Tuning in to Teens](#)

**Free parent webinar from Independent Schools Digital Collaboration Network (ISDCN)**

**Schoolies Celebrations - Advice for parents**

**1 November 2018 8:30- 9:30PM**

This webinar is for parents and staff of year 10, 11 & 12 students. The webinar will draw together three groups integrally involved in the safe running of end of school celebrations each year across Australia and internationally to give advice to parents. See this [link](#) for further details.