



Helping you help your teenager

ReachOut Parents Coaching

It's easy to get started:
ReachOut.com/Parents/Coaching



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'I highly recommend coaching – it's helped strengthen our bond and our trust.' Kirsten, mum of 14 year old, New South Wales.

Struggling to know how to support your teenager with tricky issues like bullying, anxiety and relationships? Whatever the issue, you're not alone. Thousands of parents across Australia are wondering how to support their teenager through tough times.

The good news is our qualified coaches are on hand to help you plan your next steps. Our coaches will chat online and by phone about what could work for you. They'll provide you with professional online tools to help you build your own action plan to try out at your own pace.

And you won't even need to travel – take part from home or on your lunch break.

- ▶ Free
- ▶ Confidential
- ▶ Accessible – online and by phone
- ▶ Flexible – take part in one or up to four sessions
- ▶ Professional – qualified coaches from The Benevolent Society

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ReachOut Parents is part of ReachOut Australia – a trusted online mental health and wellbeing service for young people and their parents. Free and accessible 24/7, ReachOut Parents provides practical tips, tools and strategies to help you support your teenager through everyday issues and tough times.



Coaches provided by The Benevolent Society.