



From the College Psychologists:

**1 IN 4** YOUNG PEOPLE IS EXPERIENCING  
A **MENTAL HEALTH DIFFICULTY.**




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**70% DO NOT ACCESS SUPPORT.**  
IF THEY DO, MOST WILL TURN  
TO THEIR **PARENTS** FIRST.

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**PARENTS WANT TO HELP, BUT  
WANT MORE INFORMATION ABOUT:**



- study stress and education
- bullying
- self-esteem
- anxiety
- social media and technology use
- communication
- peer pressure
- drugs, alcohol and smoking

**REACH  
OUT.COM**

That's why we've introduced a new service to help parents help teenagers:  
**ReachOut.com/Parents**

Reachout.com, a mental health organisation for young people, has created a new parenting page. It is aimed to help parents support their teenagers through everyday issues and tough times. They have also launched a free and confidential coaching service for parents with teenagers. For more information go to [parents.au.reachout.com](https://parents.au.reachout.com)