Navigating Teenage Depression

This one hour presentation is suitable for parents, teachers and people who work with young people. You will learn about:

- What is depression and bipolar disorder?
- What are the causes and pressures of being a teenager today?
- Brain development in teens.
- How to spot early warning signs.
- When and where to seek help.
- How to support a young person you care about.
- How to build personal resilience.

Where: Eden High School Library  When: 18th June 6 - 7 pm
Presenter: Marion Fraser District Guidance Officer
Please call Eden High School to register your attendance: 6496 0000