

new program helps parents care for young people's mental health

Parents are the most common source of emotional support for young people. But it can sometimes be difficult to know what to do or say, or where to go for more information. Now, headspace and Monash University have launched an online parenting program to equip families with the confidence they need to care for their young people's mental health.

According to headspace research:

Four in five young people



aged 12-25 would seek support from their mothers if they were experiencing a personal or emotional problem (81%)

Three in five



would approach their fathers for support in tough times (60%)

Introducing Partners in Parenting (PiP)



A new education tool to guide families through ways to care for their young people's mental health

10



self-directed modules completed in your own time, at your own pace



Topics include understanding anxiety and depression, developing healthy habits and connecting with your young person

Learn more about PiP via the [headspace website](https://www.headspace.org.au).

For more information and resources for family and friends, or to join a group chat with other parents, visit [headspace.org.au/online-and-phone-support](https://www.headspace.org.au/online-and-phone-support) or call 1800 650 890. Search for your nearest headspace centre online or contact Parent HelpLine.

Young people aged 12 to 25, as well as their family, can visit headspace for support. Help is also available via phone and online counselling service, eheadspace, seven days a week between 9am-1am (AEST).

[headspace.org.au](https://www.headspace.org.au) or call 1800 650 890