



Ashdale  
Secondary College



# Youth Mental Health

## AWARENESS - PARENT EVENING

**Tuesday 1 September 2015, 6.30 - 8.30pm**

The Ashdale SC Health & Wellbeing Committee welcomes a Mental Health Counsellor, specialising in youth mental health, to present a two hour information session focusing on current issues our youth face.

This evening will raise awareness about youth mental health and wellbeing with the aim of establishing positive communication skills within families.

Topics that will be covered during the session are:

- Mental health and adolescents – Mental Health v Mental Illness
- Adolescent development
- Depression – signs and symptoms
- Anxiety – signs and symptoms
- Drugs and alcohol - introduction
- Seeking professional support
- Parent response and positive communication skills

All families from Ashdale Secondary College, Ashdale Cluster primary schools and nearby community are welcome to attend.

Doors will be open from 6.00pm and light refreshments will be served by the Health & Wellbeing Committee.

Please **RSVP** to email [ashdale.sc@education.wa.edu.au](mailto:ashdale.sc@education.wa.edu.au) or  
phone 9302 7100 by Friday 28 August 2015.

Ashdale Secondary College  
75 Westport Parade, Darch WA 6065, Phone: 9302 7100