

How to prevent depression and clinical anxiety in your teenager

Strategies for parents



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Resources for parents

Parenting Strategies: Protecting Your Child's Mental Health

www.parentingstrategies.net

Learn some parenting tips to protect your child from mental health problems, and get personalised feedback on your current parenting around these issues.

eheadspace

www.eheadspace.org.au

1800 650 890

A confidential, free and secure space where young people 12 to 25 or their family can chat, email or speak on the phone with a qualified youth mental health professional.

Parentline

A confidential telephone counselling service providing professional counselling and support for parents and those who care for children.

The aim of Parentline is to nurture and support positive, caring relationships between parents, children, teenagers and significant other people who are important to the wellbeing of families.

Parentline ACT

(02) 6287 3833 (cost of a local call)

9am to 5pm, Monday to Friday

Parent Line NSW

www.parentline.org.au

1300 1300 52 (cost of a local call)

24 hours a day, seven days a week

Parentline QLD & NT

www.parentline.com.au

1300 30 1300 (cost of a local call)

8am to 10pm, seven days a week

Parent Helpline SA

www.parenting.sa.gov.au

1300 364 100 (cost of a local call)

24 hours a day, seven days a week

Parentline VIC

www.education.vic.gov.au/about/contact/Pages/parentline.aspx

13 22 89 (cost of a local call)

8am to midnight, seven days a week

Parenting WA Line

www.communities.wa.gov.au/parents/Pages/ParentingWALine.aspx

(08) 6279 1200 or 1800 654 432 (free for STD callers)

24 hours a day, seven days a week

These guidelines are a general set of recommendations on how you as a parent can reduce your teenage child's risk of developing depression or clinical anxiety. These recommendations may also be useful for parents whose teenage child is already experiencing some symptoms of depression or anxiety. We recognise that each family is unique, so you may need to adapt these strategies to your specific situation.

What do we mean by depression and clinical anxiety?

What is depression?

The word depression is used in many different ways. People feel sad or blue when bad things happen. However, everyday 'blues' or sadness is not clinical depression. People with the 'blues' may have a temporary depressed mood, but they usually manage to cope and soon recover without treatment. What we are trying to prevent is *clinical depression*. *Clinical depression* (otherwise referred to as *depression* throughout these guidelines) involves feeling down or irritable for at least two weeks and stops a person from enjoying things they used to like or from taking part in usual activities, such as going out with friends or playing sport. When this happens, other symptoms also develop.

These may include feeling worthless, not sleeping well, not being able to concentrate, having an increased or decreased appetite, or thinking of suicide. The symptoms are severe enough to interfere with everyday life. For example, they make it hard for the person to focus or perform well at school or college, or to get along with friends and family.

What is clinical anxiety?

Everybody experiences anxiety at some time. When people describe their anxiety, they may use terms such as: anxious, stressed, nervous, on edge, worried, tense or scared. Although anxiety is an unpleasant state, it can be quite useful in helping a person to avoid dangerous situations and motivate them to solve everyday problems. However, anxiety can become a problem if it is severe, long-lasting and interferes with a person's life. *Clinical anxiety* refers to symptoms of constantly feeling nervous, anxious or on edge, and not being able to stop or control worrying. The anxiety is strong enough to cause trouble at school or work, in personal relationships (e.g. with family, friends) or to make it difficult to get on with day-to-day activities.

Source: Kelly, C., Kitchener, B., & Jorm, A. (2013). *Youth mental health first aid: A manual for adults assisting young people* (3rd ed.). Mental Health First Aid Australia: Melbourne, Australia

You can reduce your child's risk of developing depression and clinical anxiety

There is a range of factors that influence whether or not a teenager develops depression or clinical anxiety, including a few which parents have some control over (See box on page 7: What are the risk factors for developing depression and clinical anxiety?). This means there are things you can do to help reduce your teenager's risk of developing these problems.

Establish and maintain a good relationship with your teenager

Show affection

Your care and support reduces your teenager's risk of developing depression and clinical anxiety.

It is important to show your teenager that they are loved and respected. Express your affection for your child verbally, such as telling them regularly that you love them. Adapt the way you demonstrate affection to your child according to their age and level of maturity.

Take time to talk

Make time to chat with your teenager about their day and what they've been doing. Try to start conversations with them at times when they appear most open to conversation. Let them talk about whatever interests them. Encourage your teenager to notice and enjoy the lighter and funnier side of life. Show respect for their opinions, even if you disagree with them.

Let your teenager know that you are there for them whenever they need it and that they can talk to you about anything, even difficult issues. However, if you are having sensitive discussions with your teenager, try to do so in private. Having others around may make it difficult for them to be honest.



Know how to talk about strong emotions and sensitive topics

It is common for teenagers to experience strong emotions. In order to manage their emotions effectively, young people need to first learn how to recognise and understand them. If you see that your teenager is feeling a strong emotion, ask about their feelings, e.g. "You look worried. Is there something on your mind?" or, "It sounds like you're really angry. Would you like to talk about that?". Listen to your teenager when they talk about their emotions. This helps them to identify and understand what they are feeling and to manage their emotions effectively. Do not dismiss or trivialise your teenager's emotional responses. This can be interpreted as an indication that their emotions are unimportant. Model empathy to your teenager by showing concern for their feelings during important discussions.

Provide your teenager with sympathy when it is required, e.g. when a pet dies or your teenager fails an exam. Avoid responding in a way that can lead them to believe that their emotions are wrong and that they are bad for having them, e.g. "Why are you crying like a baby?" or "You're such a scaredy-cat!"

Be involved and support increasing autonomy

Be involved in your teenager's life

Being involved and taking an interest in your teenager's life can reduce their risk of depression and clinical anxiety. Paying attention to your teenager will also help you to identify whether they are experiencing any problems. Show an interest in your teenager's life in a way that demonstrates that you care about them. Here are some ways you can do this:

- Regularly engage in enjoyable activities that allow you and your teenager to spend one-on-one time together.
- Regularly try to eat dinner together as a family.
- Get to know who your teenager's friends are.
- Monitor your teenager's performance at school.
- Take an active interest in what your teenager is doing at school and in their extra-curricular activities.
- Encourage your teenager to be engaged in their studies and other school activities.

Avoid over-involvement and encourage autonomy

It is important to balance paying your teenager attention with giving them space and privacy. Excessive control over a young person's activities, thoughts and feelings can increase their risk of depression and clinical anxiety. Try to monitor where they are, what they are doing, and who they are with by showing interest in their activities rather than by being intrusive.

Try to avoid encouraging your teenager to be too dependent on you. Evaluate whether you are taking over things too much by asking yourself, "Did I really need to step in?" and, "What would have been the worst thing to happen if I didn't step in?"

Giving young people autonomy that is appropriate to their age and maturity reduces their risk of developing depression or clinical anxiety. Gradually increase your teenager's responsibilities and independence over time to allow them to mature. Encourage your teenager to try a variety of activities and interests to help them find out what they are interested in and what they are good at. This will help to build their self-confidence. Encourage your teenager to help around the house by giving them age-appropriate jobs and responsibilities.

Establish family rules and consequences

Establish clear rules

Establish rules about your teenager's behaviour. If clear rules are established from an early age, your child is more likely to accept the rules than if they are established for the first time when they are older. Adjust rules for your teenager's behaviour over time to support and encourage their developing sense of autonomy.

Involve your teenager in developing rules for them to follow. Try to keep the rules simple and few, and ensure that they clearly understand what the rules are. Explain to your teenager the reasons behind rules established for their behaviour. Although it may not always seem like it, your teenager appreciates having clear rules to follow.

Follow rules and laws yourself in order to be a good role model for your teenager.

Establish consequences

Be consistent in maintaining rules and applying consequences for your teenager. Uphold rules, even though at times this may make you unpopular. When applying consequences for inappropriate or unacceptable behaviour, focus on educating your teenager about why their behaviour was wrong. Do not use negative consequences that cause your teenager to feel humiliated.

Provide your teenager with positive consequences when they behave well. Use a variety of positive consequences, including praise, attention and privileges. Notice when your teenager does what is expected of them and praise and thank them for it.



Minimise conflict in the home

As far as possible, try to make the family home a supportive and safe environment for your teenager. Being part of a family where there is frequent or unresolved conflict and lingering resentment increases a young person's risk of developing depression and clinical anxiety.

Minimise conflict with your teenager

While it may not be possible to avoid conflict with your teenager completely, try to keep it to a minimum and use positive approaches where possible. You can minimise conflict by considering which issues are minor irritations and can be ignored, and which are necessary for your teenager's safety and wellbeing. Wherever possible, try to resolve conflicts with your teenager constructively by problem solving together. You should not verbally abuse your teenager, use put downs or show them a lack of consideration.

If you do experience an extended period of high conflict with your teenager, continue to show them affection and try to keep having normal everyday conversations with them. Even if they shut you out, continue to let them know that you are there for them. Teenagers are constantly seeking their parents' love and approval, even when it's not obvious.

Avoid criticising your teenager

Repeatedly criticising a young person increases their risk of developing depression and clinical anxiety. Rather than criticising your teenager in a personal way (e.g. "You are so lazy and spoilt."), comment specifically about their actions (e.g. "You put in the effort for sport, but what about your studies? You need to balance your time better."). You should encourage your teenager to think of their specific actions as good or bad, rather than considering themselves to be a good or a bad person. If you notice that you *are* criticising your teenager in a personal way or you lose your temper with your teenager, you should acknowledge it and apologise to them.

It's worth reflecting on how you yourself were treated by your parents, as this can influence how you now treat your own child. For example, if you were heavily criticised by your parents, you may not be aware of how critical you are of your own child.

Minimise conflict with your partner

Frequent and intense conflict between parents increases a teenager's risk of developing depression and clinical anxiety. On the other hand, avoiding conflict altogether is not helpful either. If you do have conflict with your partner, do not ask your teenager to choose sides. Also, you should not criticise your partner in a personal way (saying things like "Your father will always be good for nothing" or "Your mother is so selfish"), but only in terms of things that they do (e.g. "Your father is so grouchy when he is working too hard" or "I get mad at your mother when she takes this long").

Be a good role model for handling conflict

Dealing with conflict effectively in front of your teenager helps them to learn that although conflict is inevitable, it can be dealt with effectively. Never use physical aggression in front of your teenager, such as throwing things or slamming doors. When you have a heated argument with another family member, try to model anger control by slowing down and taking time to calm down.

Discuss with your teenager the difference between being assertive and being aggressive (see box below). Try to show through your own behaviour how to be assertive in everyday situations and teach your teenager the skills of compromise and negotiation.

Aggressive

When a person is aggressive, they:

- stand up for their personal rights and express their thoughts, feelings and beliefs in a way that violates the rights of the other person
- attack when threatened
- use put downs to maintain superiority, e.g. "Don't be so stupid"
- use aggressive body language, e.g. crossed arms, staring, tensing their jaw.

When people have an encounter with somebody who is being aggressive, they often feel:

- resentful
- angry
- devastated
- uncooperative.

Assertive

When a person is assertive, they:

- stand up for themselves while respecting other people's beliefs and feelings at the same time
- communicate how they feel in a firm, relaxed voice
- provide constructive criticism without blame, e.g. "I feel irritated when you interrupt me".
- use open body language, e.g. using open hand movements, maintaining eye contact without staring.

When people have an encounter with somebody who is being assertive, they often feel:

- that they now understand the other person's position
- respected.

Adapted from: Michel, F. (2008). *Assert Yourself*. Centre for Clinical Interventions: Perth, Western Australia.

Encourage supportive relationships

Having good social skills and supportive relationships with a range of people of different ages reduces a young person's risk of developing depression and clinical anxiety. Encourage your teenager to spend time with their friends and to do kind things for others.

Help your teenager develop good social skills by exposing them to an increasing range of social situations that are in line with their level of development. Talk through any social difficulties that they may have.

Encourage good health habits

Encourage your teenager to have good health habits around diet, exercise, sleep and drug use, as this reduces their risk of developing depression and clinical anxiety.

- **Diet** – Make sure that your teenager has a healthy balanced diet and limit the amount of unhealthy food and drinks in the family home.
- **Exercise** – Encourage your teenager to get daily physical exercise. If they are not interested in sports, encourage them to find other opportunities for physical activity such as dancing, walking to school or walking the dog.
- **Sleep** – Young people can reduce their risk of developing depression and clinical anxiety by getting adequate sleep each night. Encourage your teenager to practise good sleep hygiene, particularly if they have trouble sleeping (See box below: How to practise good sleep hygiene).
- **Drug use** – Teenagers who are anxious or depressed are more likely to use alcohol and other drugs. If you find out that your teenager is using alcohol or other drugs, you should discuss with them why they are using these substances and seek help if needed.

As well as encouraging your teenager to have good health habits, be mindful that your own attitudes and behaviour in these areas are also a major influence.

HOW TO PRACTISE GOOD SLEEP HYGIENE

'Sleep hygiene' refers to habits that help you have a good night's sleep. Encourage your teenager to:

- go to bed and get up at the same time each day (even on weekends)
- wind down with relaxing activities before bedtime
- be mindful of their caffeine intake late in the day
- get out of bed and do something in another room if they can't sleep. They should go back to bed when they're feeling drowsy.
- keep their bedroom quiet and at a comfortable temperature
- not read or watch TV in bed
- not nap during the day no matter how tired they feel.

Source: Morgan, A. J., & Jorm, A. F. (2009). Self-help strategies that are helpful for sub-threshold depression: A Delphi consensus study. *Journal of Affective Disorders*, 115(1), 196–200.



Help your teenager to deal with problems

Help your teenager to set realistic goals

Encourage your teenager to set realistic goals. Also help them to think of different ways in which they can achieve their goals and to select the best one.

Set an example for your teenager by showing them how to do things that need to be done, even tasks that may be unpleasant or boring. For example, by persisting or not procrastinating, despite feeling discouraged by difficult tasks.

Help your teenager to deal with problems

Learning to deal well with problems can help reduce a teenager's risk of developing depression and clinical anxiety. Try to demonstrate effective problem-solving approaches for your teenager and teach problem-solving strategies by working through real life problems together.

When your teenager is faced with problems:

- Ask them what they need from you (e.g. whether they just want you to listen or to offer advice).
- Give your teenager time to talk through the problem before offering to discuss solutions. Do not try to solve all their problems for them.
- Help them break down potential challenges into smaller steps that are manageable.
- Encourage your teenager to consider the effects of their actions on other people.
- Encourage your teenager by reminding them of times in the past when they have dealt well with problems.

Praise your teenager when they deal well with problems. Recognise and encourage their problem-solving efforts, rather than focusing on the outcomes.

Sometimes your teenager will be unsuccessful in their attempts to solve a problem, even with your help. In such circumstances, encourage them to not give up and to try another approach. Encourage your teenager to take responsibility for things that go wrong if it is their fault and help them to learn from their failures.

Support your teenager in dealing with stress

It is important for your teenager to learn how to manage stress effectively. Learn some effective strategies for managing stress and use them to set an example for your teenager about how to cope well with stressful situations and setbacks.

Pay attention to your teenager's behaviour for indications that they may not be coping well with stress. Help your teenager learn effective ways to deal with their negative emotions. For example, by talking about their negative feelings with someone they trust. If your teenager is unable to recover from stressful experiences, get help for them from a mental health professional.

Help your teenager to deal with pressure and expectations

Often teenagers feel pressure to live up to their own expectations of themselves as well as expectations from a number of other sources, such as family, friends, school and society. Excessive parental pressure to achieve or perform can increase a teenager's risk of developing depression and clinical anxiety. Although it is important to have positive expectations for your teenager and their future, try to match your expectations to their individual personality and capabilities.

Young people can also be subjected to pressure and expectations from the media. Discuss with your teenager the messages that they receive through media which can shape their values, perceptions and expectations about life. For example, the expectation that girls should be thin and sexy, and boys should be handsome and tough.

Help your teenager deal with problems at school

If your teenager feels safe at school and has good relationships with other students and teachers, they are at a lower risk of developing depression and clinical anxiety. However, school can sometimes be a source of problems for young people. When this is the case, you will need to help your teenager deal with these problems.

Bullying

Being a victim of bullying increases a teenager's risk of developing depression and clinical anxiety. Bullying refers to repeated and intentional use of words or actions against someone or a group of people to cause distress and risk to their wellbeing. It can be verbal, physical, social, psychological, or occur online (i.e. cyberbullying). Become familiar with the school's anti-bullying policy or encourage the development of one if it doesn't already exist. If your teenager is the victim of bullying, avoid minimising the situation. Never blame the victim for being bullied. Discuss with your teenager how they would like to deal with the bullying.

School refusal

Teenagers may avoid going to school as the result of depression and clinical anxiety. If your teenager is avoiding school, discuss with them why and work out a solution together. Get professional advice and support if your teenager continues to avoid school.

Help your teenager to deal with anxiety

Help your teenager to learn about anxiety

Ensure that your teenager is aware that all young people experience some anxiety. Normal anxiety is useful, as it helps us prepare for real danger or perform at our best. However, anxiety can become a problem if it is severe, long-lasting, and interferes with your teenager's studies, other activities, and family and social relationships. Clinical anxiety is common in young people, affecting 1 in 25 teenagers in any 12-month period¹.

Help your teenager to manage anxiety so that it doesn't become a problem

It's important for your teenager to manage everyday anxiety appropriately so that it doesn't develop into clinical anxiety. Help them understand the importance of tackling situations that they find anxiety provoking. Exposure to anxiety-provoking situations is one of the most effective ways of reducing clinical anxiety. If a teenager avoids things that cause them anxiety, their anxiety is unlikely to reduce, and in fact may increase.

However, it is important to be confident that your teenager is capable of handling an anxiety-provoking situation before encouraging them to tackle it. For example, it may not be helpful to encourage your teenager to enter a singing contest if they are not yet comfortable singing in front of the family.

Reward or praise your teenager when they take steps to manage their anxiety. Tell them that you are proud of their ability to act in the face of considerable anxiety. Also, encourage your teenager to reward or praise themselves whenever they tackle a situation that they find anxiety-provoking. If you find yourself becoming impatient with your teenager's anxiety, remind yourself of how daunting it can be to face one's fears.

Be a good role model in dealing with anxiety

The way you respond to your teenager's anxiety may inadvertently maintain their anxiety. Teenagers can learn to be anxious by observing their parent's anxious behaviour. If you are highly anxious yourself, you should set a good example for your child by showing them how you actively use strategies to address your own anxiety.

When helping your teenager to manage their anxiety, you should also try to separate your own anxieties from theirs. Try to maintain a calm and relaxed manner when talking to your teenager about their anxiety.

Encourage professional help seeking when needed

If you notice a sudden, persistent change in your teenager's mood or behaviour, encourage them to talk about what is on their mind and really listen to what they are saying. Try to ascertain whether their low mood is due to a specific, temporary situation, or due to a more serious, persistent problem. When problems do persist, it is important to seek help from a trained mental health professional.

NORMAL ADOLESCENT CHANGES VERSUS DEPRESSION AND CLINICAL ANXIETY

During adolescence a lot of changes are occurring in a person's emotions, thinking and behaviour, as the brain is still developing. This can make it difficult to know whether a change is due to depression or clinical anxiety, or is part of normal adolescent development. For example, during adolescence, people experience stronger emotions, and are more inclined to take risks, be impulsive, and seek out new experiences. The best way to tell whether a change is normal or not, is to look at its effects on the adolescent's functioning. If they are having problems with school or work, are cutting themselves off from family and friends, or stop doing things that they used to enjoy, then there is reason for concern.

Know what help is available and use it

You should be aware of the range of sources of help available for your teenager. Make sure that they know where they can get help from if they ever need it. For example, provide them with a list of community resources that are available and make sure they know who the school counsellor is.

Sometimes, it can be difficult for both parents and teenagers to accept that professional help is needed. There is a range of factors that might make a teenager reluctant to seek help, such as concerns about confidentiality or embarrassment. Although teenagers are often reluctant to admit to experiencing symptoms, you should still seek help if you are concerned about your child.

Seek help for depression

Getting help and treatment early can reduce the severity of depression and prevent future occurrences. If you are concerned that your teenager is depressed, encourage them to seek help from a trained mental health professional, or seek help on their behalf. If you initially have difficulty obtaining appropriate help, persist in seeking help.

If your teenager has previously had depression, you should be aware of the range of self-help strategies which can help decrease their risk of later occurrences (See box: Self-help strategies).

SELF-HELP STRATEGIES

Encourage your teenager to:

- engage in exercise or physical activity (e.g. sport, walking, gardening)
- do something they enjoy
- practise good sleep hygiene
- try to remain involved in purposeful activities for at least a small part of every day
- eat a healthy, balanced diet
- talk over problems or feelings with someone who is supportive and caring
- reward themselves for reaching a small goal
- let their family and friends know how they are feeling so that people close to them are aware of what they are going through
- engage in activities that give them a feeling of achievement
- enlist a trusted friend or relative to help them get out and about or do activities
- make sure they get out of the house and are active for at least a short time each day
- make a list of strategies that have worked in the past for depression and use them
- learn relaxation methods (e.g. progressive muscle relaxation training).

Source: Morgan, A. J., & Jorm, A. F. (2009). Self-help strategies that are helpful for sub-threshold depression: A Delphi consensus study. *Journal of Affective Disorders*, 115(1), 196–200.

Seek help for clinical anxiety

Clinical anxiety is highly treatable. Seek help and advice from a trained mental health professional for your teenager if:

- your attempts to reduce your teenager's anxiety don't work
- your teenager experiences symptoms of anxiety for longer than six months
- anxiety symptoms begin to take over your teenager's life and limit their activities.

Seek help yourself when needed

If you think that you may be depressed or have clinical anxiety, set a good example for your teenager by seeking help from a health professional. Getting treatment may not only help you but also your teenager, because children of parents who experience depression and clinical anxiety are at an increased risk themselves (See box on page 7: What are the risk factors for developing depression and clinical anxiety?).

Don't blame yourself

It is important not to be too hard on yourself if you feel you have made mistakes in your parenting, but rather use these mistakes as learning experiences. Changes in your parenting style will take time to produce changes in your teenager.

If, despite your best efforts, your teenager does develop depression or anxiety, you should not view it as a failure on your part or blame yourself. Any teenager can develop these problems, even in happy, well-adjusted families.

WHAT ARE THE RISK FACTORS FOR DEVELOPING DEPRESSION AND CLINICAL ANXIETY?

It may be useful for parents to know the factors that can increase a young person's risk of developing depression or clinical anxiety, or prolong these conditions. Changing or reducing the impact of these risk factors may prevent depression and clinical anxiety from occurring or persisting.

Risk factors for depression

- A history of depression in close family members
- Being female
- Being a more sensitive, emotional or anxious person
- Adverse experiences in childhood, such as lack of care or abuse
- Family poverty
- Learning and other school difficulties
- Adverse events in the person's life recently, such as being a victim of crime, death or serious illness in the family, having an accident, bullying or victimisation
- Parental separation or divorce
- Social-cultural minorities and social disadvantage (e.g. being part of a sexual minority and gender diverse group, Aboriginal and Torres Strait Islander, refugee, homeless, youth in criminal justice system)
- Lack of a close, confiding relationship with someone
- Long-term or serious physical illness
- Having another mental health condition such as an anxiety disorder, psychotic disorder or substance use disorder
- Premenstrual changes in hormone levels
- Caring full-time for a person with a long-term disability

Depression can also result from:

- the direct effects of some medical conditions e.g. Vitamin B12 deficiency, hypothyroidism, hepatitis, glandular fever, HIV and some cancers
- the side effects of certain medications or drugs (including some used to control acne)
- intoxication from alcohol or other drugs.

Risk factors for clinical anxiety

Anxiety is mostly caused by perceived threats in the environment, but some people are more likely than others to react with anxiety when they are threatened. People most at risk are those who:

- have a more sensitive, emotional nature and who tend to see the world as threatening
- have a history of anxiety in childhood, including marked shyness
- are female
- experience a traumatic event
- are social-cultural minorities or experience social disadvantage (see depression).

There are some family factors that increase risk for clinical anxiety:

- a difficult childhood (e.g. experiencing physical, emotional, or sexual abuse, neglect, or having overly strict parents)
- a family background that involves poverty or a lack of job skills
- a family history of anxiety problems
- parental alcohol problems
- parental separation and divorce

Anxiety symptoms can also result from:

- some medical conditions such as hyperthyroidism, arrhythmias and vitamin B12 deficiency
- side effects of certain prescription and non-prescription medications, including those used to treat attention deficit disorders
- intoxication with alcohol, amphetamines, caffeine, cannabis, cocaine, hallucinogens and inhalants.

Source: Kelly, C., Kitchener, B., & Jorm, A. (2013). *Youth mental health first aid: A manual for adults assisting young people* (3rd ed.). Mental Health First Aid Australia: Melbourne, Australia

beyondblue (2010) *Clinical practice guidelines: Depression in adolescents and young adults*. beyondblue: Melbourne, Australia.



How these guidelines were developed

These guidelines are based on a systematic review of research evidence and/or the opinions of a panel of 23 international experts with a minimum of five years of experience in either clinical treatment or research involving parenting and adolescent depression or anxiety disorders. Details of the methodology are available upon request via email: enquiries@parentingstrategies.net. The guidelines were produced by researchers from The University of Melbourne, with funding from *beyondblue* and the National Health and Medical Research Council (NHMRC).

Although these guidelines are copyright, they can be freely reproduced for non-profit purposes provided the source is acknowledged.

Please cite these guidelines as follows:

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www.parentingstrategies.net

Check out the Parenting Strategies website for more helpful parenting resources and support, including personalised feedback on your current parenting.

Enquiries should be sent to:
enquiries@parentingstrategies.net

Reference

¹ *beyondblue* (2009). *Youthbeyondblue Fact sheet 2: Dealing with anxiety disorders*. *beyondblue*: Melbourne, Australia.

Resources for young people

beyondblue

www.youthbeyondblue.com

1300 22 4636

beyondblue's website for young people aged 12 to 25. If you need to talk to someone, find more information or find out where you can go to see someone contact the *beyondblue* support service.

Kids Helpline

www.kidshelp.com.au

1800 55 1800

A free, private and confidential, telephone and online counselling service specifically for young people aged between 5 and 25.

headspace

www.headspace.org.au

Helps young people aged 12 to 25 who are going through a tough time, providing support for problems like depression, anxiety, bullying and body image.

eheadspace

www.eheadspace.org.au

1800 650 890

A confidential, free and secure space where young people age 12 to 25 or their family can chat, email or speak on the phone with a qualified youth mental health professional.

Bite Back

www.biteback.org.au

A space where you can discover ways to amplify the good stuff in life, share real and personal stories with others, check out videos, blogs and interviews of interesting people, check and track your mental fitness, and get your teeth stuck in to a bunch of activities.

Reach Out

www.reachout.com

An online youth mental health service that helps young people with information, support and stories on everything from finding your motivation, through to getting through really tough times.

GLBTI services

For mental health support that is gay, lesbian, bi, trans and intersex (GLBTI) inclusive and respectful, contact local gay and lesbian counselling services. Visit **www.beyondblue.org.au/glbti/contacts** for more information or call the *beyondblue* support service on **1300 22 4636**.

Aboriginal and Torres Strait Islander services

Aboriginal and Torres Strait Islander people should contact their local Aboriginal Community Controlled Health Organisation or Aboriginal Health Worker at their local health service.

Where to find more information

beyondblue

www.beyondblue.org.au

Learn more about depression and anxiety, or talk it through with our support service.

☎ 1300 22 4636

✉ Email or 💬 chat to us online at www.beyondblue.org.au/getsupport

Lifeline

www.lifeline.org.au

13 11 14

Access to crisis support, suicide prevention and mental health support services.

eheadspace

www.eheadspace.org.au

1800 650 890

A confidential, free and secure space where young people 12 to 25 or their family can chat, email or speak on the phone with a qualified youth mental health professional.

mindhealthconnect

www.mindhealthconnect.org.au

Access to trusted, relevant mental health care services, online programs and resources.



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