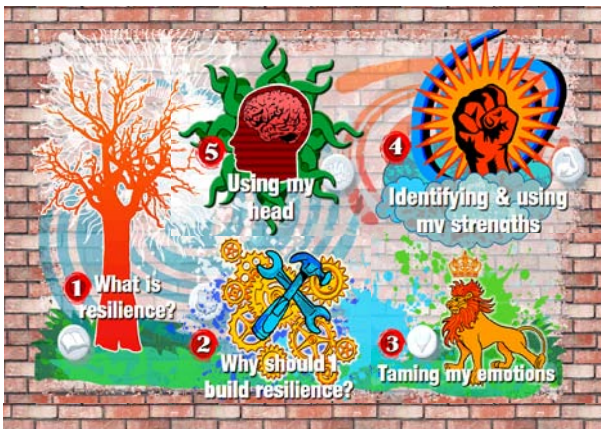


# Building good mental health in young people

Interactive online learning courses for parents developed by the Black Dog Institute



## BUILDING RESILIENCE IN YOUNG PEOPLE



This course includes five short, interactive, and engaging modules that will help you understand what resilience is and the role you can play building resilience in the young people you care for.

### You will learn about:

- what resilience is in the context of mental health and how it helps
- useful strategies for building resilience in young people including how to control emotions, identifying personal strengths and a step by step process for problem solving.

## NAVIGATING TEENAGE DEPRESSION



This course includes five short, interactive, and engaging modules that will help you understand depression and bipolar disorder in the context of adolescence.

### You will learn about:

- the causes and signs and symptoms of depression and bipolar disorder
- useful strategies for supporting a young person you care about
- help and support services available

Access the courses at: [www.BLACKDOGLMS.com](http://www.BLACKDOGLMS.com)

More information at: [www.HEADSTRONG.org.au](http://www.HEADSTRONG.org.au)

This initiative is proudly supported by:



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Institute**