

## 'Mental Health issues for Young People'

VPC - BGS co-hosted Parent Seminar on Saturday afternoon 28 July 2018, 3pm

### **'Mental Health issues for Young People'**

The latest research tells us that rates of depression, anxiety and self-harm in young people are at an all-time high. This presentation will summarise the latest research on the mental health of young people, share tips on what parents should look for and the key components that every parent needs to know to build happy and resilient young people.

#### Bio

Dr Michael Carr-Gregg is one of Australia's highest profile child and adolescent psychologists. He wrote his PhD at the University of NSW on Adolescents with Cancer and named and founded CanTeen more than 30 years ago with a group of young cancer patients. He has worked as an academic, researcher, and political lobbyist. He is also the author of 13 books and is working on his 14th. Michael is an Ambassador for Smiling Mind, Big Brothers Big Sisters and Playgroup Victoria. He sits on the Board of the Family Peace Foundation and the National Centre Against Bullying>

Michael is the resident parenting expert on Channel 7's Sunrise and Channel 9's Today Extra, as well as psychologist for the Morning Show with Neil Mitchell on Radio 3AW. Michael is married with 2 boys and is a special Patron of the Hawthorn Football Club.

