

ARE YOU PARENTING A TEEN WITH MENTAL HEALTH CHALLENGES?

We are inviting parents who have sought help for their teen's mental health to give input on the design of an evidence-based parenting program with peer coaching.



WHAT IS THE RESEARCH ABOUT?

We are designing a parenting peer-coaching program to support parents of teens with depression and/or anxiety. We want to make sure this program is useful for parents so **we want to hear what YOU think!**

WHAT'S INVOLVED?

You are invited to participate in one initial interview and/or to provide later feedback on our program design for a maximum of 3 hours total over the course of one year. In the initial interview, you will be asked about your opinions on gaps in the current services available for parents of teens with depression and/or anxiety, and your ideas on how to make a peer-coaching program as useful as possible.

WHO CAN TAKE PART?

We are looking for parents:

- Of teens aged 12-17 years old
- Who sought professional help for their teen's mental health in the last 6 months
- Who live in Victoria
- Can speak English

WHAT'S IN IT FOR ME?

You will receive a \$35 gift card for every hour spent on these activities.

TO FIND OUT MORE

Please contact the researchers at pip-p2p@monash.edu



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