

DID YOU EXPERIENCE DEPRESSION OR ANXIETY AS A TEENAGER?

We are inviting young people who experienced mental health challenges as a teen to give input on the design of a parenting program.



WHAT IS THE RESEARCH ABOUT?

We are designing a parenting program for parents of teens with depression and/or anxiety. We want to make sure this program is useful for teens 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 the role of parents in supporting their teen's mental health and your thoughts on how this type of program should work.

WHO CAN TAKE PART?

We are looking for :

- Young people between the ages of 15-21 with lived experience of depression and/or anxiety
- 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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