



SUPPORTING YOUNG PEOPLE TO THRIVE

FROM MENTAL ILL HEALTH TO OPTIMAL FUNCTIONING

*w Dr. Michael Carr-Gregg
Andrea Downie & Nell Golden*

The mental health of teenagers in Australia is at an all-time low with nearly 1 in 4 teenagers meeting the criteria for probable serious mental illness.

Nearly **1 in 5 year 12 students have considered suicide** or cutting themselves because of exam and homework pressures.
1 in 3 higher education students think about suicide or self-harm and Suicide rates among young Australian females are at their highest level in 10 years.

THE BOTTOM LINE IS THAT ALARMINGLY MORE AUSTRALIAN TEENAGERS ARE IN SEVERE PSYCHOLOGICAL DISTRESS THAN ONLY FIVE YEARS AGO.

FRIDAY MARCH 23RD 2018 / 9AM- 4PM
\$299 OR \$285 (GROUP PRICE 4 OR MORE)
THE PIER GEELONG, CUNNINGHAM PIER
MORNING TEA AND LUNCH PROVIDED

PROJECT
thrive.

THIS DAY IS FOR EDUCATORS, MENTAL HEALTH PRACTITIONERS, PARENTS AND ANYONE WITH AN INTEREST IN THE WELLBEING AND MENTAL HEALTH OF YOUNG PEOPLE

Book online at www.trybooking.com/THJM

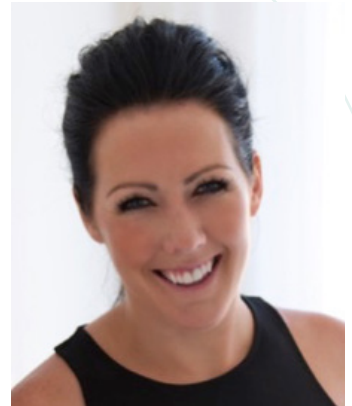
MICHAEL CARR-GREGG

Dr Michael Carr-Gregg is one of Australia's highest profile adolescent and child psychologists. He is a broadcaster, author, Ambassador for Smiling Mind, Big Brothers Big Sister and Project Thrive and sits on the Board of the Family Peace Foundation. He is a columnist and parenting expert on Channel 7's Sunrise, psychologist for Channel 9's Morning Extra, and the Morning Show with Neil Mitchell on Radio 3AW.



ANDREA DOWNIE

Andrea is an educator and the co-founding director of Project Thrive; a purpose driven organisation educating, inspiring & empowering well-being through integration and connection. Andrea's work fuses positive psychology, education, sociology, anthropology, wellness and leadership. Disrupting wellbeing strategies in schools and organisations in Australia and abroad, she has a strong passion for the well-being and optimal functioning of all.



NELL GOLDEN

Nell is co-founding director of Project Thrive. She has worked in corporate wellbeing in health promotion and wellness program manager roles, Young and Well Cooperative Research Centre, Melbourne in Digital Education for youth and at the University of Melbourne in Student Development. Nell is passionate about youth mental health and has worked with youth in Australia and overseas.



THIS WORKSHOP FOCUSES ON BOTH
PREVENTION AND INTERVENTION AND...

- * Shares the latest research on the health and well-being of young people.
- * Explores and demonstrates 5 evidence based paradigms that facilitate the comprehensive evaluation and assessment of young people
- * Incorporates a discussion of the latest apps and web based programs currently in use for assessing young people
- * Addresses prevention and how to build wellbeing, taking into account context, the current environment and its impact on young people
- * Will challenge your thinking in relation to how we currently educate young people and the conditions needed to support them to thrive