



Helping your teenager ask for help

Many teenagers believe that they should be able to sort out their problems on their own. They are often too embarrassed to talk to someone and can also be worried about the confidentiality of information that they may give to a professional.

So what can you do as a parent? Keep talking to your children and let them know that no matter what the problem is you will listen, without judgement or criticism, and help them to work out ways to cope or solve the problem.



- **Listen.**
- **Make sure you know your children's friends and their parents.**
- **Listen non-judgementally.**
- **Tell them you are concerned about them.**
- **Ask if they have thought about getting help. If your child has resisted getting help, ask them why.**
- **Check to see if your teenager is okay with you letting the school know there is a problem.**
- **Offer to make an appointment for your child to talk to a professional and attend with them if this is what they want.**



Where else can you go for advice?

- **Alcohol and Drug Support Line**

Phone: (08) 9442 5000 or 1800 198 024 (country callers only)

E-mail: alcoholdrugsupport@mhc.wa.gov.au

For anyone concerned about their own or another person's alcohol or drug use..



www.reachout.com.au

Reachout is about helping young people to help themselves

www.ybblue.com.au/

Beyondblue is a national depression initiative for young people

www.kidshelp.com.au

Kids Helpline is a 24 hour help line that can be called on 1800 55 1800

www.headspace.org.au

Headspace and Yarn Space