



Mandurah

Psychological Services

Your EAP Team

Youth Mental Health Month



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August is International Youth Month

The world of work is changing and our young people are particularly affected by these shifts. It has become increasingly more difficult for young people to enter the workforce.

If left unchecked the impact of unemployment or underemployment can lead to stress and feelings of hopelessness, low-self-esteem, emotional problems and delinquency. On the other hand, work builds skills and confidence, contributes to independence and responsibility, financial security and boosts our mental wellbeing.

This Mental Health Month we challenge parents to start talking to their young people about work and to develop goals and strategies for moving into the workforce.

If you believe you are struggling with your mental health or wellbeing, please contact us here at Mandurah Psychological Services for an appointment with one of our qualified practitioners who will guide you towards better management of your mental health.

Supporting Your Teenagers

Research has found that parents are one of the most commonly consulted and influential sources of career information and advice for young people.



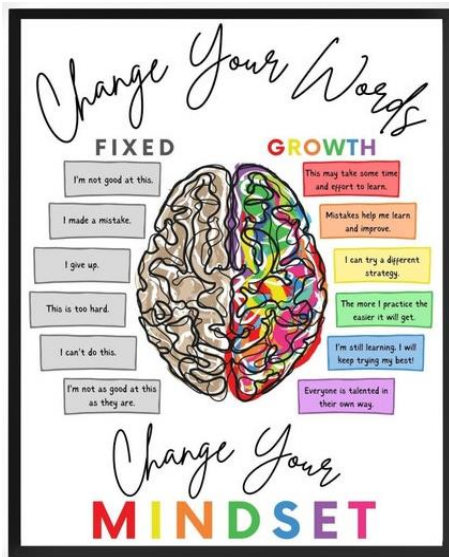
- Set a time to speak to your teen about work when you are calm and when both of you are in an open frame of mind.

- Listen to their thoughts and ideas.
- Encourage your teenager to research opportunities and take advantage of help from other sources.
- Talk to your teenager about what work life is like and what might be expected of them in their job.
- Encourage your teenager to look for learning points in every situation, they will adapt more quickly into the role and become more confident in taking on new challenges and interaction with people.
- Talk about how to manage money. Budgeting gives you more control over your money and it is a great skill that will serve you well into the future.
- Encourage having a healthy life/work balance. Remember to spend time on what you value most. Creating new habits and routines and figuring out how to stay consistent with them is vital to achieving a healthier work-life balance.

Mental Health Tips!

Keeping Your Balance or Rebalance

- **Value yourself.**
- Treat yourself with kindness and respect and avoid self-criticism.
- Focus on your strengths and abilities.
- Be accepting of yourself, pay attention to your thoughts, and when you begin to think negatively about yourself, reframe your mindset, acknowledge your strengths and think positively.



- **Give.** Giving makes you happy. Your brains pleasure circuits are stimulated by acts of charity and release “good feeling” chemicals such as endorphins which give you a sense of euphoria, and oxytocin which promote tranquility and inner peace.
- **Surround yourself with good people.** Make plans with supportive family members and friends, or seek out activities where you can meet new people, such as a club, course or support group.
- **Learn how to manage everyday stress.** Not all stress is the result of negative experiences even positive ones can result in physical and emotional burdens on our health. Practice good coping skills. Try deep breathing, visualization, meditation, and give your body a good stretch to relieve tension.
- **Get help for your mental health.** Speak to someone you trust and who can support you during difficulty times. Reach out to your family, friends, or your GP for assistance. Give our friendly team a call to find out how we can support you with your mental health.



Tel: 1300 22 4636
www.beyondblue.org.au



Black Dog
Institute

Tel: (02) 9382 2991
www.blackdoginstitute.org.au



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