

Introducing ReachOut.com/Parents

When a parent recognises a teenager needs help, they're more likely to get it. That's why ReachOut Australia – the country's leading online mental health organisation for young people – has introduced a free new service to help parents help teenagers.

Free and available 24/7, [ReachOut.com/Parents](https://parents.au.reachout.com/Parents) provides evidence-based practical support and tips that encourage effective communication and relationships between parents and young people aged 12–18 years, as well as easy-to-read information on a range of mental health and wellbeing issues.

The service features more than 140 fact sheets, stories, practical tips and tools, and also provides access to an online community forum so that parents can connect with each other to share experiences in an anonymous, supportive space.

Some of the issues covered are: Bullying, Teenagers & technology, Knowing the difference between a bad mood & depression, anxiety, peer pressure and many more. One issue that will possibly be particularly relevant over the next few weeks is exam and assessment stress, so we have included the link to that tip sheet below.

[Are exams stressing out your teenager?](#)

With the prospect of exams and assignments coming up, your child may be feeling the pressure of study and school more intensely. While it is normal for young people to feel stressed out from time to time, some teenagers can experience higher levels of stress than others. This can lead to feeling nervous, anxious or overwhelmed. If you're worried that your child is under a lot of stress and it's affecting their everyday life, the following website will help you find out about what you can do to help.

https://parents.au.reachout.com/Common-concerns/Everyday-issues/Stress-and-teenagers?utm_source=referralstrat&utm_medium=copydeck&utm_campaign=parents&utm_content=examstress