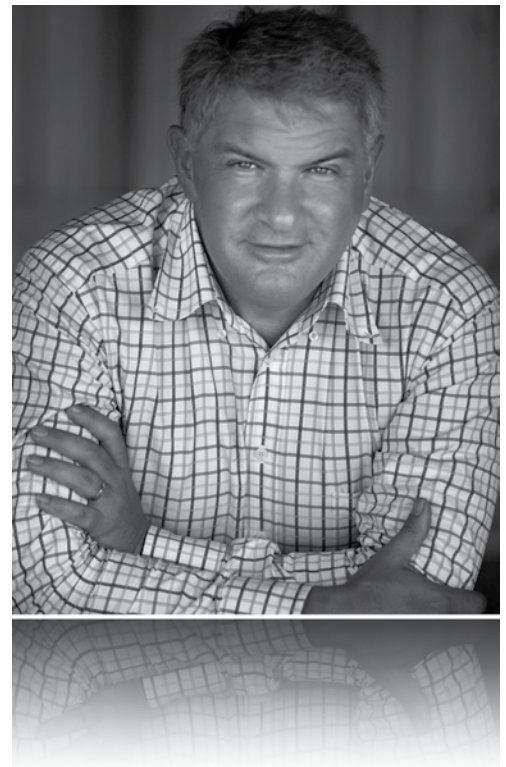


# Dr. Michael Carr-Gregg

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## When to Worry: The school's role in identifying the student at risk

A one-day skills based seminar  
for teachers, principals  
and other professionals in  
middle years and secondary education.

- Practical skills, knowledge and strategies to identify a young person with a mental health problem
- Myths surrounding mental illness in young people
- Information for school staff about the role of medication in the treatment of the most common mental health problems
- The role of depression in youth suicide, eating disorders and deliberate self-harm
- Accurate, up to date information about the most effective treatment for depression
- What middle years and secondary teachers can do to assist a young person in their recovery
- How to understand and communicate effectively with young people
- How schools can work together with parents and the community to develop resilience-promoting structures and processes in schools

6 PD hours

**Melbourne: Tuesday 30th November, 2010.**

Victoria University Conference Centre - 300 Flinders St, Melbourne CBD.  
Session time: 9.00am - 3.00pm. Registration from 8.00am.

Presented by



**B O O K E D O U T**  
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Ph 03 9824 0177 Fax 03 9824 0677

▶ *Michael Carr-Gregg is one of Australia's highest profile psychologists. He works in private practice in Melbourne and is a founding member of the National Centre Against Bullying. He is also an official ambassador for the National Depression Initiative Beyondblue, as well as Mindmatters, a youth suicide prevention program run by the Federal Government.*

# Dr. Michael Carr-Gregg

## When to Worry: The school's role in identifying the student at risk

Dr Michael Carr-Gregg is one of Australia's highest profile psychologists. He was an Associate Professor in the Department of Paediatrics at the University of Melbourne for seven years and is currently working in private practice. His PhD on adolescents with cancer — completed at the University of NSW — resulted in the formation of CanTeen, a support group for teenagers with cancer.

Dr Carr-Gregg is a founding member of the National Centre Against Bullying and for six years has been the agony uncle for Australia's biggest selling magazine for young women *Girlfriend*. He has a high media profile working on national TV on Channel 7's *Sunrise* and *The Morning Show* as well as Fairfax Radio 3AW. He has written six books, including the best-sellers *Surviving Adolescents*, *Real Wired Child* and *Princess Bitchface Syndrome - how to survive teenage girls*. *When to Really Worry* is his latest book — out February 2010.



### Why schools need this seminar

An estimated 1 in 5 adolescents experience a diagnosable mental health disorder by age 18, most commonly presenting first in mid-to-late adolescence.

Only 30% of young people self identify and most young people with a mental disorder report delays of 5 to 15 years before they receive treatment and care.

Around 6 per cent of 16 to 24 year olds have a mood disorder and 15 per cent have an anxiety disorder.

Early recognition and help-seeking can only happen if people working with young people in health, education and welfare know about mental disorders, the types of help available and where to access it.

*This workshop includes handouts, case studies, an interactive quiz, a practical demonstration of a screening instrument for the common mental disorders in adolescence and plenty of opportunity to ask questions and learn from one another.*

\*\*\*PLEASE FAX TO REGISTER: 03 9525 2979. BOOKINGS CLOSE 25/11/10. LIMITED PLACES. \*\*\*

## REGISTRATION FORM - Melbourne

ABN 84 128 688 595

Please fax this form to 03 9525 2979 to secure your place. Registrations are confirmed via email. If you do not receive an email with 48 hours of faxing this form, please contact Booked Out on 03 9824 0177.

*Please print your email address clearly as it will be the primary mode of contact.*

Please reserve \_\_\_\_\_ places at **When to Worry** to be held on Tuesday 30th November, 2010.

1. Name \_\_\_\_\_ Email \_\_\_\_\_

2. Name \_\_\_\_\_ Email \_\_\_\_\_

3. Name \_\_\_\_\_ Email \_\_\_\_\_

School/Institution \_\_\_\_\_

Address \_\_\_\_\_ Phone \_\_\_\_\_

An individual email address is **required** for each participant to confirm registration. A tax invoice for \$220.00 (includes \$20.00 GST) will be emailed to each participant as soon as their registration is processed. For registrations of more than 3 participants, please use multiple forms. Morning tea and lunch provided.