



## Carer Connect

### Practical strategies to support young people who are experiencing depression

- Is this depression that I'm seeing?
- Are there different types?
- Why are they depressed, if nothing is wrong?
- Living with a person experiencing depression is difficult - what can we do to help them?

Bryan Jeffrey is a psychiatric nurse with 25 years of clinical experience supporting young people in Out of Home Care in Scotland and in Australia. As director of MOAT: Mental Health Services, Bryan develops and delivers mental health and occupational violence education sessions for schools, and organisations supporting young people in the community

**Date:** Wednesday 11th November

**Time:** 7.00pm - 8.00pm

**Where:** <https://www.eventbrite.com.au/e/125087164075>

**For enquiries contact:**

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