

# Moving Ahead:

## YOUTH MENTAL WELLNESS FORUM

A practical, supportive conversation  
on youth mental wellness

**For Parents, carers &  
young people**



**PENINSULA VOICE**  
Learning • Conversation • Engagement



# Acknowledgment of country





**PENINSULA VOICE**  
Learning • Conversation • Engagement



# Welcome

Lizzy Gordon & Chris Menagé

# IN PARTNERSHIP WITH...

**Bayside Health** Peninsula Care Group



# Wellbeing Notice

Tonight's forum explores youth mental wellness, including topics such as stress, anxiety, emotional wellbeing, school challenges and help-seeking.

We recognise that some conversations may feel personal or emotional.

Please take care of yourself in whatever way feels right for you – including taking a break, speaking with someone you trust or accessing support.

**If tonight raises concerns for you or someone you care about, support is available:**

- **Lifeline Australia – 13 11 14 (24/7 crisis support)**
- **Kids Helpline – 1800 55 1800 (ages 5–25, 24/7)**
- **headspace – mental health support for young people aged 12–25**
- **Beyond Blue – 1300 22 4636 (mental health support)**

**If someone is at immediate risk of harm, call 000**





What is one word that describes how you feel when your child is struggling?

Or enter this code at [menti.com](https://menti.com)

8 4 1 9 8 7 7 2





# Keynote Address

# Dr Jodi Richardson

## Anxiety Expert



**PENINSULA VOICE**  
Learning • Conversation • Engagement

# Expert Panel Meet our Panelists



**Suzi Hyland**

Director of  
Wellbeing  
Padua College



**Danni Vaughan**

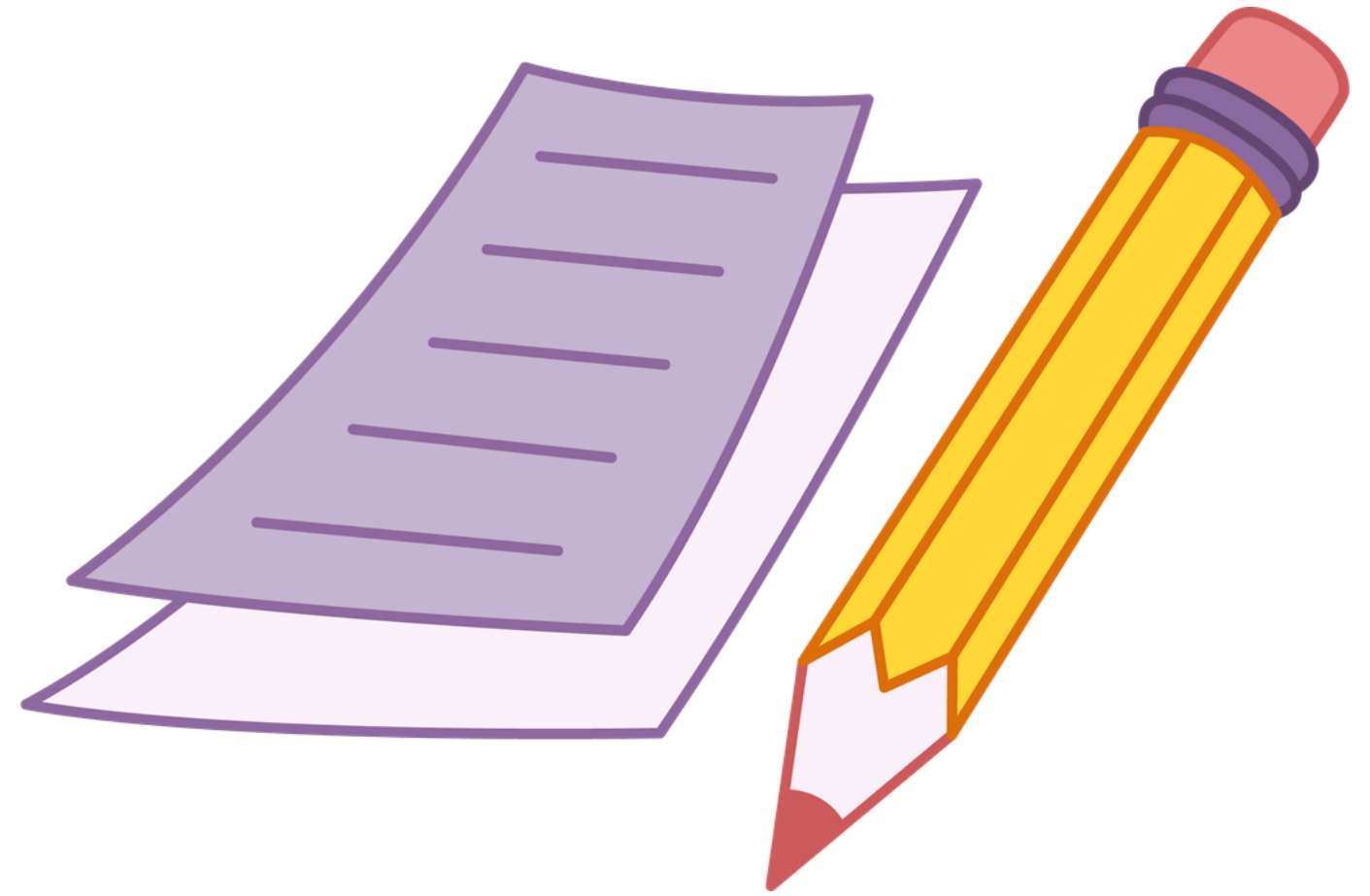
Principal  
Mt Eliza  
Secondary College



**Dr Jodi Richardson**

Anxiety Expert

# Q&A Audience Questions



**There should be note paper and pens at your seats.**

**Raise your hand and we will collect during the Q&A**



**PENINSULA VOICE**  
Learning • Conversation • Engagement

# Understanding & Early Signs

- **Common signs of struggle**
- **Trends in wellbeing since COVID-19**
- **Stress vs Anxiety**



**Expert Panel**



**PENINSULA VOICE**  
Learning • Conversation • Engagement

# Practical Strategies & Support

- **First practical steps**
- **Evidence Based tools**



**Expert Panel**



**PENINSULA VOICE**  
Learning • Conversation • Engagement

# School Refusal & Complex challenges

- **Growing issue**
- **Disengagement with education**
- **Working together**



**Expert Panel**



**PENINSULA VOICE**  
Learning • Conversation • Engagement

# Building connection together

- Taking care of yourself
- Boundaries as an educator
- Venting frustration

**BREAK**  
• the •  
**STIGMA**



**Expert Panel**



**PENINSULA VOICE**  
Learning • Conversation • Engagement

# Q&A Audience Questions

**There should be note paper and pens at your seats.**

**Raise your hand and we will collect during the Q&A**



**PENINSULA VOICE**  
Learning • Conversation • Engagement

# Vulnerability





# Connor Scott

**Co-founder, the ZOOP network  
Raised \$200k+ for mental health  
Masters of Counselling**



**PENINSULA VOICE**  
Learning • Conversation • Engagement

PV Moving Ahead Pre Survey

May 17 – 22, 2026

#9368 058

🗨 Live interaction

↔ Switch slido

⚙ Dark mode

About Slido

Try Slido for free

Login as host - Present mode  
Acceptable Use - Slido Privacy  
Cookie Settings  
© 2012–2026 Slido - 85.78.3



🗨 Prior to this evening, how confident did you feel about youth mental wellness?

0 👤

Almost there. 1 option to go.

Exceptionally Confident

Fairly Confident

Indifferent / non-plussed

Not Confident

Struggling

Send



PV Moving Ahead Post Survey  
May 23 – 28, 2026  
#9368 058

🗨 Live interaction

↔ Switch slide

⚙ Dark mode

About Slido

Try Slido for free

Login as host - Present mode  
Acceptable Use - Slido Privacy  
Cookie Settings  
© 2012–2026 Slido - 85.78.3

🗨 Now, having attended the forum tonight, how confident do you feel about youth mental wellness? 0 👤

Almost there. 1 option to go.

- Exceptionally Confident
- Fairly Confident
- Indifferent / non-plussed
- Not Confident
- Struggling

Send

# Before you leave

Thank you for being part of tonight's conversation.

If something resonated, challenged or concerned you, please remember:  
***you do not have to navigate difficult moments alone.***

Checking in with someone, asking for help or starting a conversation is a sign of strength – not weakness.

If tonight raises concerns for you or someone you care about, **support is available:**

- [Lifeline Australia](#) – 13 11 14 (24/7)
- [Kids Helpline](#) – 1800 55 1800 (24/7 for young people aged 5–25)
- [headspace](#) – support for young people aged 12–25
- [Black Dog Institute](#) – practical resources on anxiety, mood and wellbeing
- [Beyond Blue](#) – 1300 22 4636

**Connection matters. Vulnerability matters. Help is available.**



# Please meet our partners

**Bayside Health** Peninsula Care Group





# PENINSULA VOICE

Learning • Conversation • Engagement



**PENINSULA VOICE**  
Learning • Conversation • Engagement

## Some of our previous forums:

- Climate Change
- Homelessness
- Grief and Loss
- Gambling
- Loneliness



**We need your support.  
Please consider donating to us today.  
Donations are tax deductible.**

