

# Teenage Boys – What're The Facts ...about their mental health?

A bio-psychosocial look at mental health during the adolescent years including:



- Brain development
- Identity formation & sexuality
- Risk taking & extremes: driving/substances/self-harm
- Relationships
- Socialising, social media and porn
- Counselling, parenting and support

***Perfect information for those who want to support boys to become mentally healthy young men.***

## Shona Innes

Senior Clinical & Forensic Psychologist

**Suite 8 – 100 Burnett Street, Buderim  
Wednesday 22<sup>nd</sup> July 6pm -7:30pm**

***Limited places available – numbers are kept small to ensure your questions can be addressed.***

**Phone 0400 150 106 or email [admin@shonainnes.com](mailto:admin@shonainnes.com) to secure your place. Cost \$45.**



Shona is a clinical and forensic psychologist with over 25 years of helping children and grown-ups and consulting to carers, welfare staff, youth justice centres and government bodies. Shona speaks on ABC Sunshine Coast every Thursday morning about child and teen mental health. She is also author of the internationally published Big Hug book series designed to help young people through difficult times or tricky situations.