



Junior Secondary Guidance Officer – Anna Willis

Podcast: Andrew Fuller and guest Clinical A/Prof David Horgan on helping young people deal with resistant depression, anxiety and suicidal thoughts

- How to ask about stress, anxiety, depression and emotional pain.
- How to ask about suicidal thinking in young people.
- Mindset and thinking differences in developmental stages of life.
- Online tools and resources.

<https://www.generationnext.com.au/2021/10/anxiety-depression-and-suicide-prevention/>

Host: Andrew Fuller, Clinical Psychologist and Family Therapist, Speaker and Founder of My Learning Strengths

Guest: Clinical A/Prof David Horgan, Honorary Psychiatrist at the Royal Melbourne Hospital and Founder of Australian Suicide Prevention Foundation

Total time: 28 mins