



## Growing up digital: Young people, technology and mental health

Are you a first-generation digital parent? Or are you interested in young people and mental health? Maybe there are a few things you want your parents to know about how to help (and how not to)?

Every parent wants their child to be happy, fulfilled and mentally healthy. But when you're raising the first generation of 'digital natives' the challenge might seem daunting.

We'd love for you (and your parents, if you're under 25) to join us at this event hosted by our mates from the [Mental Health Commission of NSW](#) where experts in online culture, digital media and youth mental health will explore how parents and community can act now to increase the mental wellbeing of young Australians today.

### Who's on the panel?

- ❖ Jono Nicholas: CEO of ReachOut Australia
- ❖ Mia Freedman: Co-founder, Mamamia Women's Media Company and Digital Journalist
- ❖ Samantha Yorke: Public Policy and Government Affairs, Google

Tickets are limited so register now. (Bonus: It's free!)

**Date:** Tuesday 28 February 2017

**Time:** Doors open 5:00 pm for a 6:00 pm start

**Venue:** Lower Town Hall – Sydney Town Hall

483 George Street (entry via DrUITT St), Sydney, NSW 2000

**Cost:** Free

[Register now.](#)