

Year 7-12  
Parent Information Night Carousel 2026

Trinity College is committed to continuous improvement.

Please help us understand which sessions are most relevant and appropriate to our families at the 2026 Year 7-12 PIN Carousel.

STEP 1:

SCAN THE QR CODE AT EACH SESSION

STEP 2:

SELECT THE SESSION YOU'RE  
CURRENTLY ATTENDING-

*Supporting Young Men's Mental Health*



# Supporting Young Men's Mental Health

Jasmine Robinson and Kayla Scantlebury

# Acknowledgement of Country

As we come together this evening, we acknowledge that Trinity College is situated on Whadjuk Noongar Boodjar, the traditional lands of the Whadjuk people, one of 14 language groups within Noongar country.

Located on the banks of the Derbarl Yerrigan, this place has long been one of cultural significance.

We recognise and respect the enduring connection the Whadjuk Noongar people have to this land, a connection that continues today, and we pay our respects to Elders past and present.

# Understanding Young Men's Mental Health Risks

- Mental health challenges often first appear in the teenage years.
- 1 in 4 Australian young men aged 16-24 years' experience an anxiety disorder and 1 in 10 depression.
- 40% of young people aged 15-24 years reported feeling lonely, some even reported feeling lonely when in the company of their peers. Young men are particularly vulnerable to loneliness and social disconnection. 25% of young men also report social isolation.
- While men and boys are less likely to have a diagnosed mental health condition than woman, they have higher suicide rates:
  - In 2023, 1:3 female to male suicide rate ratio
  - From 2019-2023, 484 young people aged 5-17 died by suicide in Australia, of which 60.53% were male.
  - Suicide is the leading cause of death for men aged 15-44 years in Australia.

Wellbeing and Prevention Coalition in Mental Health, 2025  
Australian Bureau of Statistics, 2024

# Societal Expectations and Masculine Norms

- The ways young men are taught to interpret and express emotions have long-term effects on how they experience mental health challenges and ask for help.
- Common conceptualisations of masculinity in Australia emphasise ideals of 'toughness', emotional self-control and self-reliance, all of which can discourage young men from expressing their emotions and limit help seeking behaviour.
- Rigid adherence to traditional masculine ideals has been linked to poorer mental health outcomes and an increased risk of suicide.
- Across the lifespan, conformity to masculine norms is strongest in young men 15-25 years old and reduces as they age.

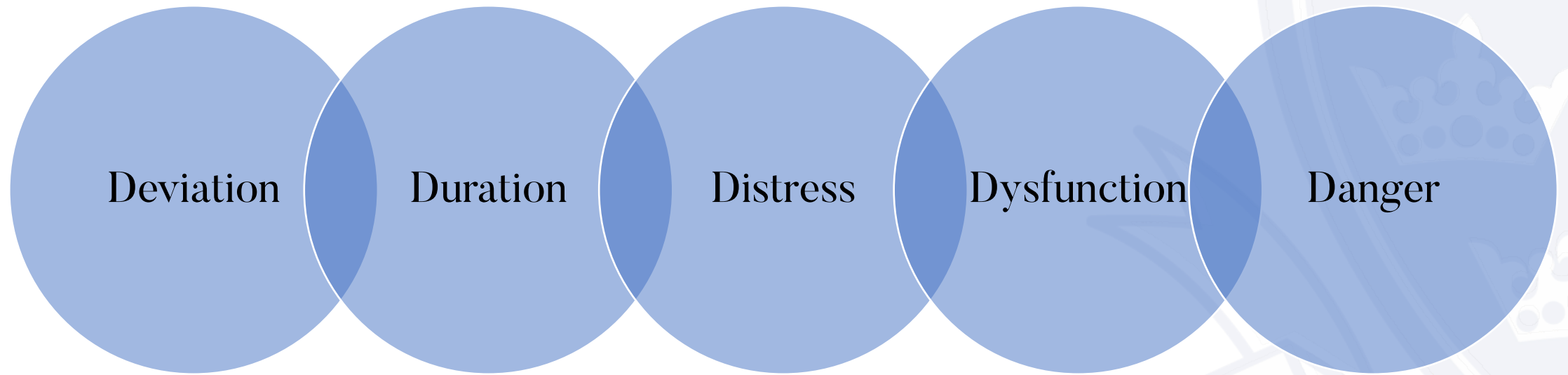
Wellbeing and Prevention Coalition in Mental Health, 2025

# Help Seeking

- Men are getting better at recognising and seeking support for mental health challenges, but we know many still do not reach out for help:
  - Only 37% of men and boys reach out for support when they need it.
  - 26% admit to delaying seeing their GP for help when they needed it.
  - Young men access mental health services at lower rates than young women, even when experiencing similar levels of distress. Service data shows that 6.8% of young men accessed mental health care services in 2023-2024, compared with 11.2% of young women.

Beyond Blue. *Men's Mental Health*, Retrieved 2026

# Identifying Concerning Mental Health



# Supporting Young Men

## Parents

- Active listening and open conversations
- Avoid minimizing or trying to “fix” too quickly
- Be a role model for expressing emotions
- Encourage physical activity and social connections

## School

- Pastoral Care Teachers
- Head of Years
- Teachers
- Peers and Peer Support Programs
- School Mental Health Practitioner
- Deputy Principals

## Community

- Sports/community clubs
- General Practitioner
- External mental health services

# Talking To Your Son About Their Mental Health

## Open Questions

- How's school or sport going?
- How are things with friends or siblings?
- How are you feeling about exams or studying?

## Gentle "I" Statements

- I've noticed you seem to have a lot on your mind. Want to talk?
- You don't seem quite yourself lately. How are things going?
- You seem worried. What's been happening? We can figure it out together.

## Tips

- Match language to age and understanding
- Reassure them that it's okay not to be ready to talk
- Show appreciation for any sharing

## How to Respond if Your Child Shares Mental Health Concerns

- Be open, honest, and non-judgmental
- Reassure them you are there for them
- Ask what support they need (they may not know yet)

### *If worried about suicide:*

- Ask directly – "Have you thought about ending your life?"
- Offer help finding professional support or resources
- It's okay to gently raise concerns multiple times
- Persistence and reassurance are key. Opening up can take time.

# Resources

**Mental Health Services and Support**



24/7 crisis support and suicide prevention services for children and young people aged 5 to 25

**1800 55 1800**  
kidshelpline.com.au



24/7 crisis support and suicide prevention services

**13 11 14**  
lifeline.org.au



Online support and counselling to young people aged 12 to 25

**1800 650 890** 9am-1am  
For webchat visit [headspace.org.au/headspace](https://headspace.org.au/headspace)



24/7 mental health support service

**1300 22 4636**  
[beyondblue.org.au](https://beyondblue.org.au)



If you are concerned about someone at risk of immediate harm, call 000 or go to your nearest hospital emergency department.



**Any questions please feel free to contact us!**

- TC Mental Health Practitioner Team
- 92191100
- [mentalhealthpractitioners@trinity.wa.edu.au](mailto:mentalhealthpractitioners@trinity.wa.edu.au)

Websites & Helplines	Apps
<b>ReachOut:</b> Support for parents and teens	<b>Smiling Mind:</b> Wellbeing improvement
<b>MensLine Aus.:</b> Online counselling for men	<b>Beyond Now:</b> Suicide safety planning
<b>Black Dog Institute:</b> MH tools	<b>My Coping Plan:</b> Risk safety planning
<b>Raising Children Network:</b> Parent advice	<b>How We Feel:</b> Emotion monitoring
<b>eSafety Commissioner:</b> Online safety	<b>ClearlyMe:</b> Depression assistance
<b>MoodGYM:</b> Manage anxiety and depression	<b>CPT Coach:</b> PTSD assistance
<b>Helpguide.org:</b> MH skill building	<b>Sleep Ninja:</b> Sleep assistance
<b>BRAVE Program:</b> Anxiety management	
<b>‘Triple P’:</b> Program for parents of young teens	
Guides & Articles	
Effective Practice for Improving Young Men’s Mental Health by GreenAnt Nest	
Changing How We Talk About Men’s Mental Health by MensLine Australia	
Men, Masculinity, and the Contexts of Help Seeking by American Psychological Association	
How To Talk To Your Children About Mental Health by Headspace	