

Sutherland Shire

2026 Mental Health and Wellbeing Expo

Supporting our youth to thrive.

Program

10am	Official opening
10:15am – 10:45am	Learning to drive: a roadmap for youth mental health Better understanding mental health challenges for our youth, when to become concerned and guidance to families in seeking initial support.
11:00am – 11:30am	The role of the school in managing student wellbeing The Engadine High School Wellbeing Team will present on how a school manages the situation when a parent, teacher or student raises a wellbeing concern.
11:45am – 12:15pm	What Every Trusted Adult of a Young Person Should Know Better understanding self-harm, recognising when communication about suicide may indicate a need for support, and building confidence to have meaningful conversations with young people.
Lunch	Free sausage sizzle by Caringbah Rotary Club
1:15pm – 1:45pm	The impact of social media on youth mental health What we know, and are continuing to learn, about the impacts of social media on youth mental wellbeing.
2:00pm – 2:30pm	The importance of sharing lived experiences Insights from the lived experience of mental health challenges experienced by young people.

