

# Adolescent mental health: depression, suicidal ideation and cyber-bullying Part 2

## Continuing Professional Development Learning Record

Complete and save a copy of this form to create your own record of CPD you've undertaken or to further embed your learning. Please note, MHPN is unable to provide Statements of Attendance for viewing webinar recordings or listening to podcasts.

### Your details

---

**Your name:**

---

**Date completed:**

---

**Activity Name:** Adolescent mental health: depression, suicidal ideation and cyber-bullying Part 2

---

**Learning outcomes** Through a facilitated panel discussion of a case study, this webinar provides:

- improved ability to identify discipline specific approaches to the diagnosis, treatment and management of an adolescent mental health presentation with features of depression, suicidal ideation and cyber-bullying.
- increased understanding of the ways in which mental health interdisciplinary collaboration contributes to better patient outcomes.

---

**Time spent engaged in the activity:**

(including completing this form)

---

After watching or listening to the activity, consider the following:

1. What were three key messages that were covered in the activity?

2. Identify your learning goal and how the activity's content aligned with that goal.

3. What actions are you going to take to use the learnings to improve and/or change your practice? For example:

- Explore the topic further in a supervision session or with a peer/colleague
- Identify and read the latest research
- Undertake additional courses, study or training
- Search MHPN's webinar or podcast libraries for more PD content
- Join an MHPN network to connect with other practitioners for networking, peer support or PD

4. Please note any other reflections on the topic or activity.