Positive Choices
Drug and Alcohol Information
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Webinar

Webinar: Anxiety and drinking – How to support anxious teens and prevent the anxiety-alcohol cycle



Evidence ratings:

This resource has undergone expert review. See our Help/Q&A section for more details.

Year:

Targeted Drugs: Alcohol, Drugs (General)

Tags: alcohol, prevention, mental health

Origin: Australian

Cost:
Free

Attachments

Anxiety and drinking slides Anxiety and drinking transcript

Developers

Associate Professor Lexine Stapinski, Dr Katrina Prior and Laura Wade, the Matilda Centre for Research in Mental Health and Substance Use, the University of Sydney.

Available

1-hour webinar recording and handout, available on demand.

Summary

Presented by Dr Katrina Prior, Dr Lexine Stapinski, and Ms Laura Wade, this webinar is for school staff, parents, and any health professionals interested in learning more about anxiety and alcohol use.

The webinar provides an overview of the link between anxiety and alcohol use, with a focus on the transition out of high school into early adulthood. It includes practical strategies to support teens and help prevent the anxiety-drinking cycle.

Expected Benefits

This webinar provides:

- An understanding of the link between anxiety and alcohol use across adolescence
- Information about how to recognise common signs of anxiety
- Strategies to support anxious teens and prevent the anxiety-drinking cycle
- Strategies to prepare teens as they transition out of high-school and are exposed to drinking contexts in early adulthood

Evidence Base

This webinar was developed by Associate Professor Lexine Stapinski, Dr Katrina Prior, and Laura Wade at the Matilda Centre for Research in Mental Health and Substance Use, University of Sydney. It was informed by a review of research evidence on this topic.

(Webinar conducted on 26/03/2024).

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