

Free Mental Health Crisis Workshops



yellow
LADYBUGS

VICTORIA
State Government

Registrations are now open for the Yellow Ladybugs Mental Health Crisis Workshops (MHCW) for all face to face and online sessions.

These workshops are suitable for parents, carers & allies supporting autistic girls & autistic gender diverse young people who are experiencing mental health crisis.

The workshops are peer led, by autistic parents & neurodivergent adults and are funded by the Victorian Department of Health.

Click the relevant registration link below for your preferred event:

Face to face events:

- Preston: Wednesday 12th July 2023, 10am-3pm - <https://www.trybooking.com/CGZZF>
- Frankston: Wednesday 19th July 2023, 10am-3pm- <https://www.trybooking.com/CIGPH>
- Geelong: Tuesday 25th July 2023, 10am-3pm <https://www.trybooking.com/CIGPL>

Online events:

- Online one off - Thursday 10th August 2023, 10am-1pm: https://us02web.zoom.us/webinar/register/WN_8pQ35Ve1SWiU6ajv4yDfbQ
- Online split session - You need to attend both sessions of this online version. Tuesday 5th September 2023 & Tuesday 12th September, 7pm - 8.30pm 2023: https://us02web.zoom.us/webinar/register/WN_bnS7Q89_R8mKHxFwB_vB4A

Places are limited, so please register now to avoid missing out.

You may only register for ONE event.

Registration conditions:

- Please note registrations are open to residents of Victoria only.
- The workshops come with a content warning & are NOT suitable for anyone aged under 18, or for autistic adults experiencing current mental health crisis.
- Places are limited and priority will be given to those currently supporting someone in mental health crisis.

For enquiries, please email erin@yellowladybugs.com.au.

Content



General overview

Autistic mental health.

Mental Health Crisis.

Individual lived experiences of mental health crisis.

Parent & carer experiences of supporting an autistic young person through MH crisis.

Getting appropriate support.

Rights & neuro-affirming care

Making a complaint

Reflections.

Putting resources into action

Supporting recovery

Question & answer session

Autistic wellbeing

Close

Optional post workshop self-care activities (face to face workshops only)

Please note that the content may vary slightly from what is listed above as we develop the workshop further

Click the relevant registration link for your preferred event:

