



Bullying No Way: National Week of Action

headspace Schools & Communities is hosting a FREE online workshop as part of the Bullying No Way: National Week of Action.

what will you learn?

Our student workshop aims to support students to:

- Identify the ways your body and brain react to stress
- Learn about the impact bullying can have on mental health
- Find spaces and activities to help you stand strong
- Explore who you can talk to and where you can get support

who are these sessions for?

The Mental Health Education Program is delivering our Standing Strong: Bullying and Mental Health online workshop for secondary students.

when

Thursday 15 August, 2024

- 9.30-10.45am (AEST)
- 1.30-2.45pm (AEST)

where

Online via Zoom

how to register

Click [here](#) to register via Eventbrite or scan the QR code.



questions?

Please reach out to us at:
MHEP@headspace.org.au

headspace National Youth Mental Health Foundation is funded by the Australian Government Department of Health