



# supporting young people during COVID-19

**headspace Elsternwick in partnership with headspace National, are hosting a webinar for parents and carers of young people to support their mental health through COVID-19.**

Information presented will:

- Strengthen your understanding of mental health and mental health literacy.
- Build skills and strategies to support the mental health and wellbeing of your young person, including their transition to work and study.
- Build awareness of local, state and national supports available to young people.
- Showcase local headspace centre community resources.

The webinar will consist of a presentation on youth mental health, followed by a panel with guest speakers.

## **When**

**Monday 3<sup>rd</sup> May 2021**  
**7pm – 8.15pm AEDT**

## **How do I register?**

**Click here** to register via Eventbrite, or type the URL below into your web browser:

<https://www.eventbrite.com.au/e/elsternwick-covid-19-parent-and-carer-webinar-supporting-young-people-registration-133642194401>

After you have registered, you will receive an email confirmation from Eventbrite which will include the Zoom meeting link to access the webinar.

## **Contact**

For more information email:  
[headspaceSchools@headspace.org.au](mailto:headspaceSchools@headspace.org.au)