# **SAFEMinds**. Schools and families enhancing minds

"A sense of connectedness to families and schools is the most significant protective factor for young people."

(Resnick et al. Protecting Adolescents From Harm, 1997)

## SAFEMINDS: AT HOME

SAFEMinds is a partnership between:





### Did you know that mental ill-health is the biggest health issue for young Australians today?

Do you want to some practical tips on how to identify when your child might need support with their mental health and wellbeing?

SAFEMinds At Home parent information sessions can help you with practical tips and resources to support your child through tough times.

### **SAFEMinds comes to Ringwood!**

**headspace Knox** will be presenting a **FREE** session for parents to learn about early detection and support for young people through the SAFEMinds mental health training currently being introduced for families and schools across Victoria. **Time:** 6:30pm– 8.30 pm.

Date: Tuesday June 26th 2018.

#### Venue: EACH, 46 Warrandyte Rd, Ringwood.

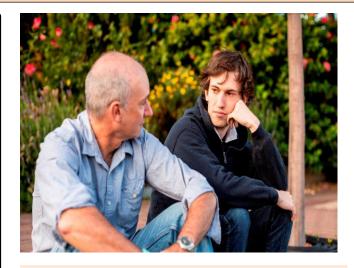
Parents interested in attending please contact Sally Kershaw via email <u>sally.kershaw@headspaceknox.com.au</u> to reserve your place.

\*Places are limited.



SAFEMinds combines a range of targeted training and a comprehensive toolkit of resources, to support whole school communities apply the NIP it in the bud! early intervention approach.

SAFEMinds Online SAFEMinds: In Practice SAFEMinds: At Home



Meet members of the headspace Knox team and learn more about the supports and services available to parents of teenagers.

A panel of local services will be available to answer your questions about support services for young people and families in the outer East.

