



headspace
National Youth Mental Health Foundation

eheadspace Group Chat session: Sept 2017

Self harm, and how to help your young person

Many parents and other adults supporting young people are concerned and distressed when they discover their young person is self-harming. It can be hard to know how to help, and it can be a distressing topic for you as a parent or carer too.

Join our next Group Chat session to raise your questions and discuss the issue.

How does Group Chat work??

- ◆ Our group chat sessions respond to your own questions and concerns
- ◆ We have resources to send
- ◆ Our sessions are staffed by eheadspace clinicians and supported by our youth reference and family and friends advisory groups
- ◆ On the day we will explain a little more about how it works
- ◆ Some people prefer to read the questions and responses from others
- ◆ Head over to eheadspace.org.au and select *get help > past group chat sessions* to view previous sessions

When:

Thursday 7 September 2017
12pm-1pm (AEDST)

How to join:

Please [click here](#) to register

Click this same link on the day at 12 pm (AEDST) to join the session.

