

## headspace Bentleigh Parent/Carer session: navigating uncertainty and change

headspace National in conjunction with headspace Bentleigh are hosting a webinar for parents and carers of young people to support their mental health.

The session aims to:

- Strengthen understanding of how young people can be affected by change and uncertainty.
- Build skills and strategies to support young people who are navigating change.
- Identify signs that young people may need additional support.
- Build awareness of local, state, and national supports available to young people.

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

**When:** Tuesday 24<sup>th</sup> May

**Where:** online via Zoom

### How to register

[Click here](#) to register via Eventbrite, or copy the URL below into your web browser: <https://bit.ly/3v8WJD6>

After you have registered, you will receive an email confirmation from Eventbrite which will include the Zoom meeting link to access the webinar. Please note this webinar will not be recorded.

All those who register will receive a digital information pack after the session that includes key messages as well as links to resources and support services.

### Contact:

For more information email:  
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