



Supporting young people with transitioning out of school

A free online webinar for Parents and Carers

headspace Schools & Communities would like to invite you to attend a Mental Health Education session for Parents and Carers.

This session will cover:

- Mental health and wellbeing in adolescence
- How to have conversations with young people about their mental health and wellbeing
- Noticing signs that a young person might be going through a tough time and struggling with their transition out of school
- Identifying strategies to connect and communicate with young people
- Increasing knowledge about how to support them during this transition period and where to access professional support.

Where: Online via Zoom

When:

- Session 1: Tues 30 July, 6 - 7PM AEST
- Session 2: Thur 1 August, 8 - 9PM AEST

How to register:

Click here or scan the QR Code below to register by selecting your preferred date and time through Eventbrite.



After registering, you'll receive a confirmation email from Eventbrite which will include the Zoom meeting link to access the webinar.

Need more information?

Email us: MHEP@headspace.org.au



FAQS

What time will the webinar be?

Sessions are offered to families across the country, so please check the timezone for your State/Territory before registering for either webinar:

Session 1:

VIC, TAS, NSW, ACT, QLD: 6 - 7PM AEST

SA/NT: 5.30 - 6.30PM AEST

WA: 4 - 5PM AEST

Session 2:

VIC, TAS, NSW, ACT, QLD: 8 - 9PM AEST

SA/NT: 7.30 - 8.30PM AEST

WA: 6 - 7PM AEST

How will the webinar be delivered?

The webinar is being delivered online via Zoom and will be streamed live. Please ensure you have access to Zoom before the session commences.

What technology do we need?

To participate, you will need access to Zoom to live stream the webinar.

How long is the webinar?

The webinar will run for 60 minutes.

Will this webinar be recorded?

No. This is a live webinar and it won't be recorded.

Do we have to have our cameras on?

Cameras will remain off to ensure safety and privacy for all participants. There will be a private Q&A option for participants to submit questions during the webinar.