

Upcoming Sessions

Parents, Carers and Community Members in the New England region are invited to attend a free mental health education session in Term 2.



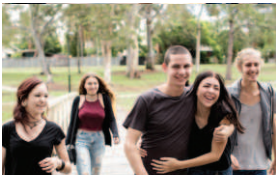
headspace National is hosting free mental health education sessions on ways to support a young person when you are concerned about their mental health.



The sessions aim to:

- * Strengthen your understanding of mental health and the warning signs for suicide and self-harm.
- * Strengthen your understanding and skills in how to cope and where to find help.
- * Build awareness of local services and the various support services available.
- * Strengthen relationships between local area mental health services, local schools, headspace centres and other community organisations.

Need more information? headspaceSchools@headspace.org.au



Bundarra

Date: 18 May 2021

Time: 5 - 6.15pm

Location: Venue to be confirmed. Refer to Eventbrite for details.

Registration: [Click here](#)



Inverell

Date: 19 May 2021

Time: 6 - 7.15pm

Location: Venue to be confirmed. Refer to Eventbrite for details.

Registration: [Click here](#)



Inverell

Date: 1 June 2021

Time: 12 - 1pm

Location: Online webinar

Registration: [Click here](#)