



mental health education session for parents and carers

**headspace Schools and Communities
would like to invite you to attend a
Mental Health Education session for
Parents and Carers of Seymour College**

**When: 6pm – 7.30pm - Wednesday 25th of
October**

Where: Seymour College Library

**Contact: Kirsty R from the Wellbeing Team if
you would like any further information on
57 711300 ☺**

This interactive session will cover:

- mental health and wellbeing in adolescence
- how to have conversations with young people about their mental health & wellbeing
- strategies for parents and carers about how to support their young person
- Where you and your young person can go for support

We look forward to meeting with you

Please note: These sessions are not suitable for young people to attend.