



accessing mental health support services: parent / carer webinar

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

Information presented will cover:

- Strengthening your understanding of mental health and wellbeing.
- The conversational approach to mental health and well-being.
- Practical strategies and resources to support mental health.
- Building an awareness of local, state, and national support services available to young people.

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

When: Monday 11th

October at 7:00pm AEDT

Where: online via zoom

How do I register?

[Click here](#) to register via Eventbrite. or copy the following URL into your web browser:

<https://www.eventbrite.com.au/e/accessing-mental-health-support-services-parentcarer-webinar-registration-168182712019>

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.*

Contact

For more information email:
programsupport@headspace.org.au