



## 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](mailto: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.