



parent & carer webinars

how to offer support when you are concerned about a young person's mental health

headspace National is hosting free mental health education sessions for parents and carers of young people in metropolitan and regional Victoria, to support their mental health and wellbeing.

Sessions available

- Supporting your young person's mental health; parent/carer webinar
- Connecting and communicating with your young person; parent/carer webinar
- Accessing help for my young person; parent/carer webinar

Information presented will:

- Strengthen your understanding of mental health and wellbeing
- Introduce a conversational approach to talking about mental health
- Build skills and strategies to support your young person's wellbeing
- Build awareness of local, state, and national supports available to young people.

Session format

The format of the sessions will include the delivery of mental health-related content, followed by a panel of community stakeholders sharing information about the supports available to young people and how to access their services.

Mode of delivery

Sessions will be held online via Zoom.

Duration

Sessions run for 1 hour.

How to register

Click on or copy the following URL into a web browser to locate upcoming sessions in your community: <https://bit.ly/3mcTiID>

Contact

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