

SAFEMINDS: AT HOME



You are invited to attend SAFEMinds At Home, a free forum that aims to help parents and/or carers effectively identify young people experience the early signs of a mental health issue. SAFEMinds is a comprehensive learning resource that has been developed by both headspace and the Department of Education and Early Childhood Development.

SAFE MINDS AT HOME: HEADSPACE HAWTHORN

Date: Wednesday March 14th 2018 7pm to 9pm

Location: 360 Youth Services: 360 Burwood Road Hawthorn

Cost: Free and a light super will be provided

Eventbrite Registration: www.eventbrite.com.au, search 'SAFEMinds At Home- headspace Hawthorn' or contact headspace Hawthorn on 90066500 for further information

You will also have the opportunity to ask questions and learn about other local services including; headspace Hawthorn, Austin CAMHS, Boroondara Youth Services (360), Relationships Australia Victoria, Inner East Drug and Alcohol Service

SAFEMINDS ONLINE

SAFEMinds Online uses an immersive, video-based experience, to tell a series of personal stories of children and young people, their families and teachers. This approach aims to develop the knowledge and understanding of the whole school community—school staff, parents and carers—about the many different forms of emotional distress children and young people may experience, and how these might be presented. Supporting resources, further background information

SAFE MINDS: IN PRACTICE

This training will focus on local decision makers within schools becoming 'Champions' in the use of the *NIP it in the bud* early intervention approach and Toolkit resources, including the SAFEMinds Online materials; and how to incorporate SAFEMinds into their school's existing professional learning and student wellbeing policies and initiatives.

SAFE MINDS: AT HOME

SAFEMinds offers parents and carers a series of information forums which will focus on helping parents and carers understand their role in supporting their child's mental health and wellbeing; and connecting them with school and mental health resources within their local community. In addition, parents will have access to a targeted version of SAFEMinds Online and Toolkit resources.

