

SAFEMINDS: AT HOME

SAFEMinds is a partnership between:



headspace
National Youth Mental Health Foundation



Did you know that mental ill-health is the biggest health issue for young Australians today?

Do you want to some practical tips on how to identify when your 12-25 year old might need support with their mental health and wellbeing?

SAFEMinds At Home parent information sessions can help you with practical tips and resources to support your child through tough times.

SAFEMinds comes to the City of Whitehorse!

headspace Knox will be presenting a **FREE** session for parents to learn about early detection and support for young people through the SAFEMinds mental health training currently being introduced for schools and families across Victoria.

Time: 6:30pm for a 6.45pm start – 8.45pm.

Date: Wednesday June 20th 2018.

Venue: Waratah room, Whitehorse Centre, 397 Whitehorse Rd, Nunawading VIC 3131

To reserve your place:

<https://www.eventbrite.com/e/safeminds-at-home-tickets-45750346518>



Meet members of the headspace Knox team and learn more about the supports and services available to parents of teenagers.

A panel of local services will be available to answer your questions about support services for young people and families in the East.



SAFEMinds combines a range of targeted training and a comprehensive toolkit of resources, to support whole school communities apply the NIP it in the bud! early intervention approach.

SAFEMinds Online

SAFEMinds: In Practice SAFEMinds: At Home



headspace
Knox