



supporting your young person's mental health: parent / carer webinar

headspace National are hosting a webinar for parents and carers of young people to support their mental health.

Information presented will:

- Strengthen your understanding of mental health, and wellbeing.
- Build skills and strategies to support the mental health, and well-being of your young person.
- Explore the conversational approach to talking about mental health and wellbeing.
- Build awareness of local, State, and National support services available to young people.

Date: 13 Sept 2021 AEDT,

Time: 7 – 8:15PM

Where: Zoom Webinar

How do I register?

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

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.*

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

Contact

For more information email:
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