



Accessing help for my young person: parent / carer webinar

headspace National in conjunction with headspace Bendigo are presenting a webinar for parents and carers of young people to investigate mental health support services.

Information presented will cover:

- Strengthening your understanding of mental health and wellbeing.
- The conversational approach to mental health and well-being.
- Practical strategies and resources to support mental health.
- Building an awareness of local, state, and national support services available to young people.

This session is intended to increase your knowledge of the mental health sector and different levels of support.

When: Monday 6th

December at 7:00pm AEDT

Where: online via zoom

How do I register?

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

<https://www.eventbrite.com.au/e/bendigo-parentcarer-webinar-accessing-help-for-my-young-person-registration-169914509873>

After you have registered, 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 & support services.

Contact

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