



# 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 an awareness of local, state, and national support services available to young people.

## When:

- 14 Sept 2021 AEDT
- 27 Sept 2021 AEDT

## Where: online via zoom

## How do I register?

[Click here](#) (14 Sept 2021)

[Click here](#) (27 Sept 2021) 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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