

# upcoming sessions

Parents, Carers, and Community Members in Northern Sydney are invited to attend a free mental health education session in Term 4.



## The sessions aim to:

- Strengthen your understanding of mental health and the warning signs for suicide and self-harm.
- Increase awareness of the impacts of COVID-19 on wellbeing.
- Strengthen your understanding and skills in how to have a conversation with your young person.
- Build awareness of local services and the various supports available.
- Strengthen relationships between local area mental health services, local schools, headspace centres and other community organisations.



## Supporting young people and those impacted by suicide

Date: 1 November 2021

Time: 6 – 7:15pm AEDT

Location: Online webinar

Registration: <https://bit.ly/3tKW5KP>



## Supporting young people impacted by COVID-19

Date: 15 November 2021

Time: 6 – 7:15pm AEDT

Location: Online webinar

Registration: <https://bit.ly/39b0AoF>



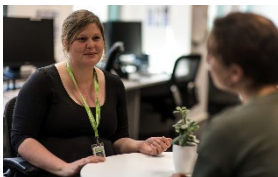
## Accessing help for my young person

Date: 29 November 2021

Time: 6 – 7:15pm AEDT

Location: Online webinar

Registration: <https://bit.ly/3keqttU>



## For more information

Contact us at [programsupport@headspace.org.au](mailto:programsupport@headspace.org.au)