

South Metro Perth WA Parent/Carer webinar: Supporting young people's mental health

headspace National are hosting a free mental health education webinar for adults who are parents and carers of young people in the South Metro Perth WA region.

The session aims to:

- Provide information regarding young people's mental health
- Explore the conversational approach to talking to your young person about their own mental health
- Build awareness of local, state and national support services available to young people and carers
- Grow skills and strategies to encourage help-seeking and self care

When:

Monday 01 July 2024
5.00 - 6.00pm AWST

Where:

Online via Zoom

How do I register?

[Click here](#) to register via Eventbrite or scan the QR code below.



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

Contact:

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