



# accessing mental health support services: parent / carer webinar

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

Information presented will cover:

- Mental health awareness
- The conversational approach to mental health and well-being
- Mental health support services that exist in the local and broader community

**When:** Thursday 21<sup>st</sup> October  
7pm 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://bit.ly/37VtW9X>

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](mailto:programsupport@headspace.org.au)