

supporting young people during COVID-19

headspace Wonthaggi in partnership with headspace National, are hosting a webinar for parents and carers of young people to support their mental health through COVID-19.

Information presented will:

- Strengthen your understanding of mental health and mental health literacy.
- Build skills and strategies to support the mental health and wellbeing of your young person, including their transition to work and study.
- Build awareness of local, state and national supports available to young people.
- Showcase local headspace centre community resources.

The webinar will consist of a presentation on youth mental health, followed by a panel with guest speakers.

When

**Tuesday 16th February 2021
7:00 – 8:15pm AEDT**

How do I register?

[Click here](#) to register via Eventbrite.

After you have registered, you will receive an email confirmation from Eventbrite which will include the Zoom meeting link to access the webinar on the evening.

Contact

For more information email:

headspaceSchools@headspace.org.au