



**headspace**  
National Youth Mental Health Foundation



## free online webinar for parents and carers supporting young people with transitioning out of school

**headspace Schools & Communities invite you to attend a free Mental Health Education session for parents and carers**

This session will cover:

- Understanding mental health and adolescent development
- Understanding young peoples' emotions
- Supporting young people to manage their emotions during their transition out of school
- Where to seek support for you and your young people

**For more information contact us:  
[MHEP@headspace.org.au](mailto:MHEP@headspace.org.au)**

**Where:** Online via Microsoft Teams

**When:**

- Session 1: Tues 3 June 2025, 7–8pm AEST
- Session 2: Thurs 5 June 2025, 8–9pm AEST

**How to register:**

[Click here](#) or scan the QR Code to register by selecting your preferred date and time through Eventbrite.



After registering, you'll receive a confirmation email from Eventbrite which will include the Microsoft Teams meeting link to access the webinar.

# frequently asked questions

## **What time will the webinar be?**

Sessions are offered to families across the country, so please check the time zone for your State/Territory before registering for either webinar:

### **Session 1:**

VIC, TAS, NSW, ACT, QLD: 7–8pm AEST

SA/NT: 6.30–7.30pm AEST

WA: 5–6pm AEST

### **Session 2:**

VIC, TAS, NSW, ACT, QLD: 8–9pm AEST

SA/NT: 7.30–8.30pm AEST

WA: 6–7pm AEST

## **What technology do we need?**

To participate, you will need access to Microsoft Teams, either on your phone or a computer, to live stream the webinar.

## **Do I need to attend both sessions?**

No. The sessions are the same so you don't need to attend both.

## **Will this webinar be recorded?**

No. Our webinars are live and are not recorded.

## **How long is the webinar?**

The webinar will run for 60 minutes.

## **How will the webinar be delivered?**

The webinar is being delivered online via Microsoft Teams and will be streamed live. Please ensure you have access to Teams before the webinar commences.

## **Do we have to have our cameras on?**

No. Cameras will remain off to ensure safety and privacy for all participants. There will be a private Q&A option for participants to submit questions during the webinar.

## **Need more information?**

### **Contact us:**

**[MHEP@headspace.org.au](mailto:MHEP@headspace.org.au)**



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