



free online webinar for parents and carers supporting young people transition from primary to secondary 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 to secondary school
- Where to seek support for you and your young people

For more information contact us:
MHEP@headspace.org.au

Where: Online via Microsoft Teams

When:

- Session 1: Tues 28 October 2025, 7–8pm AEDT
- Session 2: Thurs 30 October 2025, 8–9pm AEDT

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: 7–8pm AEDT

QLD: 6–7pm AEDT

SA: 6.30–7.30pm AEDT

NT: 5.30–6.30pm AEDT

WA: 4–6pm AEDT

Session 2:

VIC, TAS, NSW, ACT: 8–9pm AEDT

QLD: 7–8pm AEDT

SA: 7.30–8.30pm AEDT

NT: 6.30–7.30pm AEDT

WA: 5–6pm AEDT

Do I need to attend both sessions?

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

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.

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:

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headspace

National Youth Mental Health Foundation