



free online webinar for Parents and Carers supporting young people

headspace Schools & Communities invite you to attend a free online webinar for parents and carers, hosted by the Mental Health Education Program.

Topics covered:

- Understand mental health and adolescent development
- Understand young peoples' emotions
- Support young people to manage their emotions
- 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: Regularly during school term

How to register:

[Click here](#) or scan the QR Code below 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?

These webinars are offered out of business hours. Please [click this link](#) to see exact times and dates of upcoming webinars.

How are the webinars delivered?

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

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.

Are the webinars recorded?

No. Our webinars are live and are not recorded. You will receive a digital information pack with a summary of the webinar's content after the event.

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.

How long are the webinars?

The webinars are 60 minutes long.

Need more information?

Contact us:
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National Youth Mental Health Foundation