

# headspace community presentation what is mental health?

headspace Albury Wodonga offer free mental health presentations to local community and sporting groups in the Albury Wodonga and surrounding region.

One in four young people have experienced a mental health issue in the past 12 months – a higher prevalence than all other age groups.

Presentations are an opportunity to start a conversation, reduce stigma, provides healthy headspace tips to help maintain wellbeing and guidance on seeking professional help.

For more information please contact Bree at headspace Albury Wodonga.

**Contact**

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