



headspace

National Youth Mental Health Foundation

**join our online
peer group chat:**

adult supporting young people

**Every Monday evening
join at any time**

Free, anonymous, safe and supportive
group chat to regularly connect with others
going through similar situations.



If you are an adult supporting a young person (a parent, carer, teacher or you work with young people), it can be helpful to join a community and hear from other adults about their experiences.

Topics include (but not limited to):

- Ways to communicate with your young person
- How to help a young person through change
- Self-care ideas for yourself and your young person
- Supporting a young person experiencing mental health challenges



scan QR for chat times