

Family Support at



headspace

Knox
Lilydale

Support for Parents, Carers and Guardians of Young people aged 12-25

You play one of the biggest roles in your young persons life. When things feel tough or uncertain, you don't need to navigate it alone. We're here to support you with up to 6 sessions to...



Support when your young person isn't ready to engage

We can help you feel confident supporting them while they figure things out



Build Knowledge & practical skills

Learn strategies to support your young person's mental health and wellbeing



Understanding & responding to common adolescent difficulties

Get guidance that's compassionate, realistic and tailored to your family



To refer, please call the Centre on 98016088 (Knox) or 9735 7900 (Lilydale), and ask to speak to the Access and Referral Worker.

Support is also available through eHeadSpace at headspace.org.au/online-and-phone-support/parents/ to access:

- 1:1 phone or chat with a family clinician between 3pm-11pm
- eLearning modules in the 'Partnering in Parenting' course
- workshops
- weekly text-based chats with other parents

