

SAFEMINDS: AT HOME

SAFEMinds is a partnership between:



Did you know that mental ill-health is the biggest health issue for young Australians today?
Do you want to some practical tips on how to identify when your child might need support with their mental health and wellbeing?

SAFEMinds At Home parent information sessions can help you with practical tips and resources to support your child through tough times.

SAFEMinds comes to Knox!

headspace Knox will be presenting a **FREE** session for parents to learn about early detection and support for young people through the SAFEMinds mental health training currently being introduced for schools and families across Victoria.

Time: 6.45pm – 8.45pm.

Date: Wednesday May 16th 2018.

Venue: headspace Knox, Westfield Knox Ozone, Shop 3027, 509 Burwood Highway, Wantirna South.

Parents interested in attending can reserve their place by contacting Sally Kershaw on sally.kershaw@headspaceknox.com.au

*Places are limited.



Meet members of the headspace Knox team and learn more about the supports and services available at headspace Knox.

A panel of local services will be available to answer your questions about support services for young people and families in the outer East.



SAFEMinds combines a range of targeted training and a comprehensive toolkit of resources, to support whole school communities apply the *NIP it in the bud!* early intervention approach.

SAFEMinds Online

SAFEMinds: In Practice SAFEMinds: At Home



headspace
Knox