

upcoming sessions

Parents, Carers, and Community Members in the Central Coast region are invited to attend a free mental health education session in Term 3.



headspace National is hosting mental health education sessions on ways to support a young person when you are concerned about their mental health.



The sessions aim to:

- * Strengthen your understanding of mental health and the warning signs for suicide and self-harm.
 - * Strengthen your understanding and skills in how to cope and where to find help.
 - * Build awareness of local services and the various support services available.
 - * Strengthen relationships between local area mental health services, local schools, headspace centres and other community organisations.
- Need more information? headspaceSchools@headspace.org.au



Central Coast

Date: 20 July 2021
Time: 12 - 1pm
Location: Online webinar
Registration: <https://bit.ly/2Nm5cRh>



Gosford

Date: 2 August 2021
Time: 7 - 8.15pm
Location: Venue TBC
Registration: <https://bit.ly/2Nm5cRh>



Lake Haven & Wyong

Date: 3 August 2021
Time: 7 - 8.15pm
Location: Venue TBC
Registration: <https://bit.ly/2Nm5cRh>