



# Parent/Carer webinar: Supporting young people with transition to secondary school

## headspace Schools & Communities would like to invite you to attend a Mental Health Education session for Parents and Carers!

This session will cover:

- mental health and wellbeing in adolescence
- how to have conversations with young people about their mental health and wellbeing
- noticing signs that a young person might be going through a tough time and struggling with their transition to secondary school
- identifying strategies to connect and communicate with young people
- increasing knowledge about how to support them during this transition period and where to access professional support

### Where:

Online via Zoom.

### When:

- Session 1: Tuesday 7 Nov, 7:30 PM - 8:30 PM AEDT
- Session 2: Thursday 9 Nov, 9:00 PM - 10:00 PM AEDT

### How to register:

[Click here](#) to register via Eventbrite by selecting your preferred date and time.

After registering, you'll receive a confirmation email from Eventbrite which will include the Zoom meeting link to access the webinar.

### Need more information?

Email us: [MHEP@headspace.org.au](mailto:MHEP@headspace.org.au)



# FAQS

## **How will the webinar be delivered?**

The webinar is being delivered online via Zoom and will be streamed live. Please ensure you have access to Zoom.

## **Will this workshop be recorded?**

No. This is a live webinar which will not be recorded.

## **What technology do we need?**

To participate in the workshops, you will need access to Zoom to livestream the webinar.

## **Do we have to have our cameras on?**

Cameras will not be on to ensure safety for all participants. There will be a private Q&A option for participants to submit questions during the webinar.

## **How long are the workshops?**

The webinar will run for 60 mins.

