

# 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](mailto: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>