



Sydney Parent / Carer webinar: **supporting young people with mental health**

headspace National are hosting a free online mental health webinar focused on help seeking and support, especially during times of change, transition and loss.

This session is for adults who are parents, carers and supporters of young people.

The session aims to:

- Provide information regarding children and young people's mental health
- Build understanding of ways to support including with grief and loss
- Explore the conversational approach to talking to your young person
- Strengthen awareness of local and national support services available to young people and carers
- Grow skills and strategies to encourage help-seeking and self care

headspace National Youth Mental Health Foundation
is funded by the Australian Government

When:

Tuesday 06 October 2026
5:00-6:00 pm AEDT

Where:

Online via Zoom

How do I register?

[Click here](#) to register via Eventbrite
or scan the QR code below.



All those who register will receive a digital information pack after the session that includes key messages as well as links to resources and support services.

Contact:

For more information email:
programsupport@headspace.org.au