

Upcoming Sessions



Parents, Carers and Community Members in the Northern Sydney region are invited to attend a free mental health education session in Term 2.



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



Hornsby

Date: 20 April 2021
Time: 12 - 1 pm
Location: Online webinar
Registration: [Click here](#)



Pittwater

Date: 27 April 2021
Time: 6.30 - 7.45 pm
Location: Online webinar
Registration: [Click here](#)



Chatswood

Date: 24 May 2021
Time: 7 - 8.15 pm
Location: Venue to be confirmed. Refer to Eventbrite for details.
Registration: [Click here](#)