



North West Tasmania Parent/Carer webinar: Supporting young people impacted by grief and loss

headspace National are hosting a free mental health education webinar for parents, carers and adults of young people across North West Tasmania.

The session aims to:

- Provide information regarding young people's mental health
- Increase awareness of how to support young people impacted by suicide
- Explore the conversational approach to talking to your young person about grief, loss and their own mental health
- Build awareness of local, state and national support services available to young people and carers anytime, and especially during the coming school holidays
- Grow skills and strategies to encourage help-seeking and self care

When:

Wednesday 27 September 2023
5-6pm

Where:

Online via Zoom

How do I register?

Register via Eventbrite by [clicking here](#) 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