

## FREE WEBINAR

# Supporting mental health in young people

**Monash Health** along with **headspace** presenters are holding a **FREE** webinar for all community members in the City of Casey, City of Greater Dandenong & Cardinia Shire Council.

**headspace** is a non-profit mental health organisation that provides information, support and services to young people aged 12-25 years, and their families and friends.

### The webinar will include:

- What is mental health
- Signs and symptoms of a young person experiencing mental health issues
- Tips on how to provide support
- How to access **headspace** services and support

***All members of the community are invited. Please share this invitation with your family and friends!***

Date: Thursday, 16<sup>th</sup> September 2021

Time: 5.30 – 6.30PM

Location: ONLINE WEBINAR – Webex Events

(webinar invite will be sent to your email after you RSVP)

Please RSVP with name, organisation and role to Christine at:

[Christine.pereira@monashhealth.org](mailto:Christine.pereira@monashhealth.org)

