

mental health education sessions: secondary students and parents/carers

Schools play an important role in supporting the mental health needs of young people and their families.

Our **free** mental health education sessions have been developed to increase awareness and knowledge in secondary students, parents and carers. Sessions are facilitated in person and onsite at schools, and where possible, include headspace centre staff and local mental health professionals.

These mental health sessions can be tailored to school contexts and complement mental health and wellbeing strategies that schools already have in place, including the Be You National Initiative for Educators.

Sessions available until December 2019.

Sessions for secondary students cover:

- what is mental health
- impact of bullying on mental health
- where to seek help
- how to support a friend

Sessions for parents/carers cover:

- information about mental health and wellbeing in adolescence
- how to have conversations with young people around mental health
- strategies for parents on how to support their young person
- referral pathways and support available

For more information about hosting a session at your school, please contact:

schoolsupport@headspace.org.au