Parent and Carer Information Evening

Topic: Mental Health and Young People

Mental Health concerns are common and often misunderstood. Come along to learn more about why this is.

- 1 in 4 Young People can be experiencing a mental health concern at any given time
- Anxiety, depression and substance abuse are the leading mental health concerns in young people
- Getting help early makes a significant difference to how quickly and how well someone recovers

We will discuss:

- What is headspace? How may headspace help a young person?
- Common Myths
- What affects young person’s mental health
- Common signs and symptoms of mental health concerns
- Strategies to assist young people
- How to find help (Spotlight on 3Bridges service)
- Importance of Self care

When: Monday 30th March
Time: 6.30pm-8.30pm
Where: headspace Hurstville
41 Dora Street Hurstville 2220
RSVP: By 23rd March 2015
P: 8048 3350
Or
E: headspace.hurstville@sesml.org.au

Light Refreshments Provided
Spaces are limited