



headspace
National Youth Mental Health Foundation

eheadspace live info sessions

Family and friends series

Tuesday 28 April
12.00—1.00pm (AEST)

Recognising warning signs and learning how to support young people

Recognising warning signs early and knowing what to do if you think something is wrong can make a big difference. While it can be challenging to raise sensitive issues and support young people during this time, it's important to take the first step and get help.

Thursday 14 May
12.00—1.00pm (AEST)

Understanding self harm

There are a number of reasons why young people self harm. Finding out that someone you know is self harming can be difficult, and it's natural to feel overwhelmed. The important role you play is providing support for them and ensuring they seek professional help.



Thursday 28 May
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What if a young person doesn't want help?

When you know that a young person needs help but doesn't want help, it can leave you feeling frustrated and hopeless.

It can be difficult to know how to have that conversation with them and to best support them during this tough time. It's important they get help early when problems develop.

Take this opportunity to speak anonymously online to our mental health professionals and **headspace** Youth National Reference Group members and hear from others about their concerns and experiences. For more information and to participate, visit:

eheadspace.org.au/get-help/eheadspace-live-info-session