

# supporting your young person's mental health and wellbeing

## education sessions for parents and carers

Arthur Phillip High School invites secondary school parents and carers to attend a **FREE** mental health education session covering:

- information about mental health and wellbeing in adolescence
- how to have conversations with young people about mental health & wellbeing
- strategies for parents/carers about how to support their young person

**When:** Thursday 9<sup>th</sup> September 2021  
6pm – 7.30pm

**Where:** Via Zoom (QR code and link on the right)

**RSVP:** By Email or Google Form RSVP 7<sup>th</sup> September 2021  
[arthurphil-h.school@det.nsw.edu.au](mailto:arthurphil-h.school@det.nsw.edu.au)  
02 8855 8100

(Not suitable for children/young people).

This session is delivered by the Schools Suicide Prevention Activities team.  
This initiative is funded by the Australian Government.



**Zoom Link:**

<https://headspace.zoom.us/j/96007216924?pwd=enVpK29pK1BicWxpNVMMwL29QcVRGdz09>