

# Mt Barker / Murray Bridge SA Parent & Carer webinar:

## Supporting young people impacted by grief and loss

headspace National are hosting a free mental health education webinar for adults who are parents and carers of young people in the Mt Barker and Murray Bridge areas of South Australia.

The session aims to:

- Provide information regarding young people's mental health
- Explore the conversational approach to talking to your young person about grief, loss and their own mental health
- Build awareness of local, state and national support services available to young people and carers
- Grow skills and strategies to encourage help-seeking and self care

The session will also include headspace Murray Bridge sharing about their services.

### When:

Wednesday 26 June 2024  
5.00 - 6.00pm

### Where:

Online via Zoom

### How do I register?

[Click here](#) to register via Eventbrite or scan the QR code below.



All those who register will receive a digital information pack after the session that includes key messages as well as links to resources and support services.

### Contact:

For more information email:  
[programsupport@headspace.org.au](mailto:programsupport@headspace.org.au)