

*"A sense of connectedness to families and schools is the most significant protective factor for young people."*

(Resnick et al. *Protecting Adolescents From Harm*, 1997)

## SAFEMINDS: AT HOME

SAFEMinds is a partnership between:



**Did you know that mental ill-health is the biggest health issue for young Australians today?**  
**Do you want to some practical tips on how to identify when your child might need support with their mental health and wellbeing?**

**SAFEMinds At Home parent information sessions can help you with practical tips and resources to support your child through tough times.**

### SAFEMinds comes to Ringwood!

headspace Knox will be presenting a **FREE** session for parents to learn about early detection and support for young people through the SAFEMinds mental health training currently being introduced for families and schools across Victoria.

**Time:** 6:30pm– 8.30 pm.

**Date:** Tuesday June 26th 2018.

**Venue:** EACH, 46 Warrandyte Rd, Ringwood.

Parents interested in attending please contact Sally Kershaw via email [sally.kershaw@headspaceknox.com.au](mailto:sally.kershaw@headspaceknox.com.au) to reserve your place.

**\*Places are limited.**



Meet members of the headspace Knox team and learn more about the supports and services available to parents of teenagers.

A panel of local services will be available to answer your questions about support services for young people and families in the outer East.



SAFEMinds combines a range of targeted training and a comprehensive toolkit of resources, to support whole school communities apply the *NIP it in the bud!* early intervention approach.

SAFEMinds Online

SAFEMinds: In Practice SAFEMinds: At Home



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