

# Did you know?

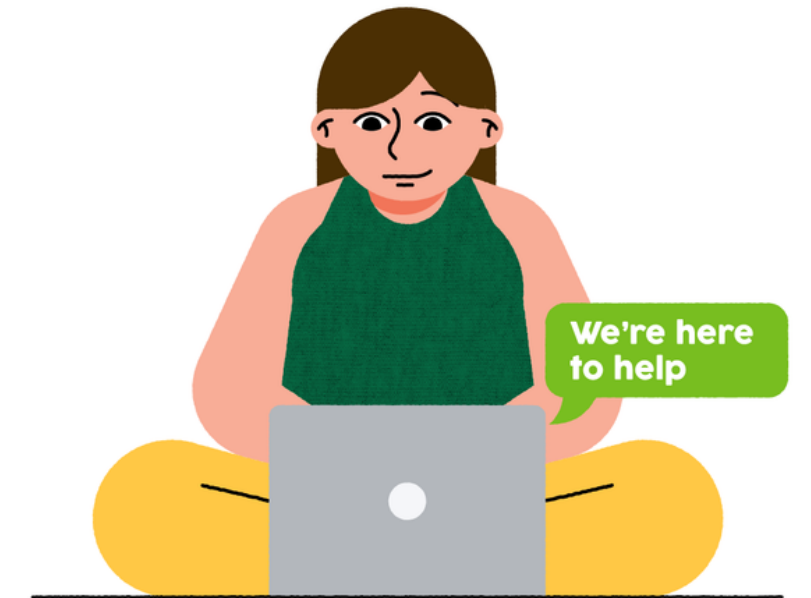
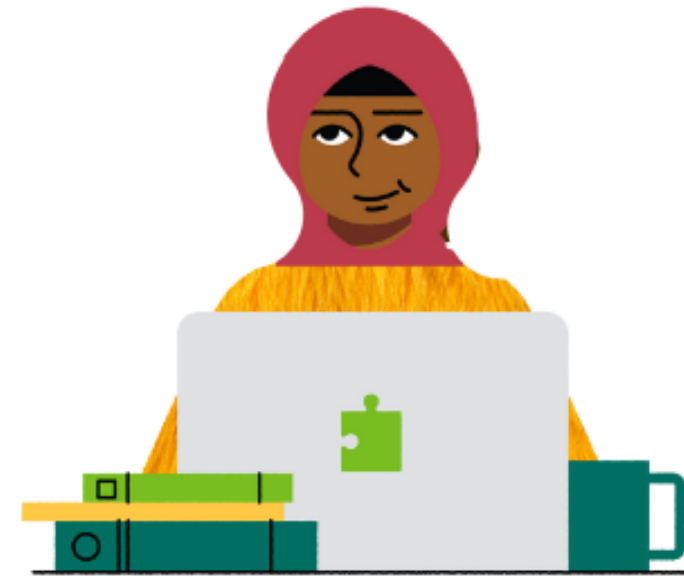
## headspace's mental health and wellbeing supports for young people and families are also available online

online parent and carer  
information sessions

direct support with  
ehheadspace clinicians

digital work and  
study service

group chats and  
online communities



**go to [www.headspace.org.au](http://www.headspace.org.au) to create an online account today**

for details on how to register for the next parent and carer sessions in August please go to the headspace Wollongong facebook page  
headspace Wollongong welcomes the input and feedback of those who support young people on ways we can keep our service family friendly  
please contact us by email [headspace@gph.org.au](mailto:headspace@gph.org.au) for information on how to join our family and friends committee