



headspace
National Youth Mental Health Foundation

eheadspace and headspace School Support Group Chat Session:

How to talk to young people about 13 Reasons Why:

An online Q & A Session for parents and other adults supporting young people

headspace School Support works with school communities to prepare for, respond to, and recover from suicide.

The session aims to support adults to talk to young people about:

- Their emotional response to the show
- Seeking support if they need it
- Avoiding normalising or glamourizing suicide

Group Chat with headspace School Support and eheadspace

- eheadspace group chat session
- Web chat open to the public
- No registration necessary
- Ask questions anonymously
- Read questions and answers of others

The group chat session is your opportunity to speak anonymously online to our mental health professionals and hear from others about a topic that will be discussed.



When:

Thursday 11 May 2017
12pm-1pm (AEST)

How to join:

[Click here](#) to set an email reminder AND join the session on the day