Supporting parents/caregivers of young people at risk of suicide or self-harm

It can be very difficult to know how to cope when your child or young person close to you is at risk of suicide or self-harm. This information session can help you learn more about why young people become suicidal, ways to best help the young person and keep them safe, as well as how to look after yourself.

The session runs for 2 hours in the evening and there is no cost. Registration is essential.

Session times:
- Wednesday 11 June - 6pm
- Tuesday 17 June - 6pm
- Wednesday 25 June - 6pm

Venue:
Atrium Room,
Shoalhaven Entertainment Centre

To find out more, or to register, please contact headspace Nowra on 4421 5388.

PLEASE NOTE THAT EXTRA SESSIONS ARE BEING PROVIDED. PLEASE CONTACT HEADSPACE FOR REGISTRATION.