

Upcoming wellbeing events, info & resources for young people - August Issue



NORTHERN SYDNEY YOUTH HEALTH PROMOTION

Youth Health & Wellness E-Network

This monthly email includes links to youth health related events, information and resources. NSLHD Health Promotion collates this information to assist organisations supporting the health and wellbeing of young people in the Northern Sydney area.

[Northern Sydney Youth Response Team](#), Outreach Mental Health Service for young people experiencing crisis or at risk of self-harm, Towards Zero Suicide, NSW Health

Young People

[INSIGHT. Understanding Mental Health](#), Black Dog Institute, Online, 11-11:30am, 4th August, Free

[Mental Fitness](#), Black Dog Institute, Online, 2-2:30pm, 10th August, Free

[Breaking Down Depression](#), Black Dog Institute, Online, 1-1:45pm, 18th August, Free

[Healthy Minds](#), PHN - Sydney North Health Network, Free digital coach for anxiety and depression

Parents / Carers

[Navigating Your Teen's Mental Health](#), Online, 7-7:45pm, 24th August, Free

[NSW Parent and Carer Mental Health Education Session](#), Online, Various Dates, Free

[Upcoming Group Chats for Friends and Family of Young People](#), Online, Multiple Dates

Upcoming Significant Events

[International Day of the World's Indigenous Peoples](#) - 9th August

[Wear It Purple Day](#) - 27th August

[Managing Your Mental Health Online During Covid-19](#), Community Resource Network

[Mental Health Services in Australia](#), Australian Institute of Health and Welfare

[Practical tips to deal with self isolation](#) Northern Sydney Youth Health Promotion

[Vaping: What We Know](#), YourRoom

[Vaping Package on Google Drive](#), Northern Sydney Health Promotion