



# youth mental health family, friends and carers forum

**Are you supporting a young person experiencing mental health challenges or illness?**

More than 75% of mental health challenges develop before a person turns 25. Recovery is possible; and carers, family members, and services are here to support recovery journeys. Come along and hear from a panel of speakers with lived experience and caring experience, about their journeys, what works, what is difficult, and what we could do together to connect as carers.

- Meet:** Katrine Hildyard MP, headspace Onkaparinga, and connect with other carers in our community who share similar experiences.
- Learn:** A panel of guest speakers will share their experiences of living with or caring for young people with mental health challenges and/or illness. Hear from services who support mental health carers.
- Engage:** Connect with service providers and stallholders to chat about support options and collect information.

## when

Thursday 11 November 2021  
from 5:30pm - 7:30pm

## where

Christies Sailing Club  
The Esplanade, Christies Beach

## how to attend:



There is no cost to attend.

Scan the QR code to register, or call headspace Onkaparinga on 8186 8600.

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