

Tasmanian

youth-
mental
health

ENGAGEMENT SESSIONS

Are you aged between 12 and 25 and passionate about mental health and wellbeing? We want to hear from you!

The Mental Health Council of Tasmania is hosting a series of sessions across Tasmania in March 2020 to find out:

- What existing mental health and wellbeing supports are working well for young people in your community?
- What challenges exist around accessing good mental health supports?
- What would help to improve wellbeing for young people in your community?

Glenorchy	2 March	5:00 – 7:00pm	Meeting Room 2, Glenorchy Library 4 Terry Street, Glenorchy
Huonville	4 March	5:00 – 7:00pm	Huonville Town Hall 40 Main Rd, Huonville
Sorell	5 March	5:00 – 7:00pm	Midway Point Neighbourhood House 34 Hoffman St, Midway Point
Smithton	17 March	5:00 – 7:00pm	Council Chambers, Circular Head Council 33 Goldie Street, Smithton
Devonport	18 March	5:00 – 7:00pm	Melrose Room, Paranapple Centre (Library) 137 Rooke St, Devonport
Launceston	19 March	5:00 – 7:00pm	Meeting Room 5, Launceston Conference Centre 50 Glen Dhu Street, South Launceston
St Helens	20 March	5:00 – 7:00pm	The Bungalow, St Helens Neighbourhood House 25 Circassian St, St Helens

If you are under 18 years of age, we will require permission from your parent or guardian to come along.

The sessions will include a presentation from MHCT, plus some workshop activities. We will provide dinner to thank you for your time (please let us know if you have any specific dietary requirements).

If you would like to attend, please let Ezra Thomas know beforehand by emailing ethomas@mhct.org.au or by calling 0431 792 073.