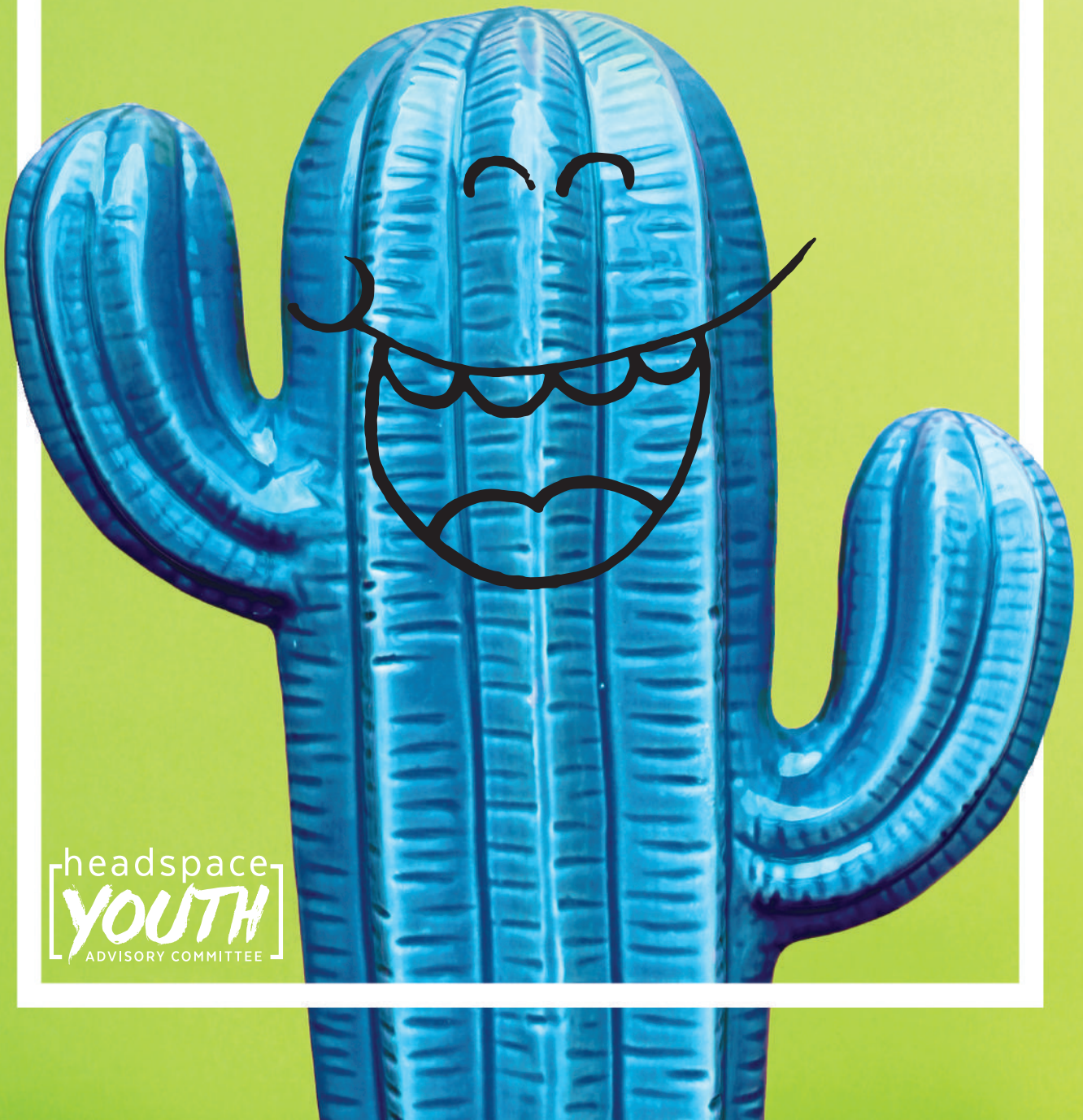


YOUTHMAG

SPRING HAS SPRUNG

— SPRING EDITION 2015



headspace
YOUTH
ADVISORY COMMITTEE

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headspace is Australia's National Youth Mental Health Foundation providing support to 12-25 year olds going through a tough time. This covers four core areas: mental health, physical health, work and study support and alcohol and other drug services.

The **headspace** YOUTHMAG is a quarterly magazine specifically developed by **headspace** Youth Advisory Committee members from across Western Sydney. We are local young people representing the **headspace** centres at Parramatta, Mount Druitt and Penrith. Our purpose is to raise awareness of mental health concerns amongst young people and reduce the stigma around mental health to encourage help-seeking.

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HEADS UP!

Mental Health Month – October 2015

Mental Health Month NSW is part of a national mental health promotion campaign held throughout October every year. The timing of the campaign centres on World Mental Health Day, which happens every year on October 10.

The Community Development Team from **headspace** Penrith, Parramatta and Mount Druitt are set to hit the streets once again for Mental Health Month this year!

This year's theme is "Value your Mind" which aims to encourage everyone to think about how mental health exists in daily life, and the need to make it a priority.

headspace will be out and about sharing the important message of looking after yourself, and in particular your mind!



You may see the team at a range of events with a pop-up stall, hosting activities, providing info and giving away free stuff. They could also be at your school or youth centre running a positive wellbeing workshop!

So keep your eyes peeled for the friendly team, and make sure to check their Facebook pages for the latest updates on what's happening in the area and where they will be.

<https://www.facebook.com/headspaceMountdruitt>

<https://www.facebook.com/headspaceParramatta>

<https://www.facebook.com/headspacePenrith>

WRAP UP: WINTER MAGIC 2015

By Greg Khatchigian

Winter usually means it's too cold to do anything outside but there is one event where you can get out, brave the cold and have a great time – WINTER MAGIC!

So what is Winter Magic you ask? It is a free, annual community event held in Katoomba: in the Blue Mountains. Winter Magic is celebrated on the winter solstice and unlike other street fairs it is a completely community run event This year I had a great time when I attended for the first time with friends from **headspace**. We had the opportunity to represent **headspace** in the exciting parade – with lots of GREEN!

Each year, Winter Magic involves a theme. This year that theme was “PEACE” where thousands gathered to celebrate our wonderfully diverse and respectful community.

So what now? Get planning for next year because it is certainly an unforgettable day of entertainment worth the train fare. And to top things off you will get to witness a spectacular fireworks display in closing.

“ **headspace and the community come together** ”



PARRAMATTA: OUR COMMUNITY, OUR VOICE

“ The opportunity to celebrate and embrace who they are to showcase their individual identity ”

By Courtney Clark & Chareece Reid

“What makes this project so special is that young people have taken a lead on this issue, rather than adults imposing solutions for them. These young leaders are experts in their communities and it is great to have a platform to showcase that” said Natasha Lay, Western Sydney Project Coordinator from Youth Action NSW.

‘Parramatta: Our Community, Our Voice’ was developed with a group of 8 young people from Western Sydney, to ensure diverse voices are heard, whilst providing a platform for positive change within the LGBTQIA community.

LGBTQIA is an inclusive term which refers to:

Lesbian

Gay

Bisexual

Transgender

Queer

Intersex

Asexual

With the support of **headspace** Parramatta and Youth Action NSW, the youth-led campaign encouraged young people to submit short films in which they share their aspirations for change within the Parramatta community in regards to the LGBTQIA community. The project aimed to provide young people with the opportunity to celebrate and embrace who they are to showcase their individual identity whilst encouraging understanding, acceptance and informing the greater community about the LGBTQIA community within Parramatta.

Donnah Zhang, the project coordinator of the campaign, believes a greater understanding and inclusiveness is vital, particularly within Western Sydney. “As a community, regardless of one’s difference, we aim to embrace various identities and respect the values of the LGBTQIA body” she said. Research conducted by the University of Western Sydney revealed that young people identified Western Sydney as a “more homophobic region” than surrounding areas. This study found a need for further support by noting people identifying within the LGBTQIA community felt alone and had no one to talk to, in turn resorting to the internet for information.

The winning film submissions were then compiled into an educational YouTube film, along with definitions on each letter of the LGBTQIA acronym.

Check it out on YouTube - Parramatta LGBTQIA Project:
Our Community, Our Voice.



GENDER DIVERSITY

By Jayden O'Brien

There has been a lot of talk recently about gender identity, especially with celebrities such as former Olympian Caitlyn Jenner (identifies as transgender) and actress and model Ruby Rose (identifies as gender fluid) receiving particular media attention and bringing gender diversity into the spotlight. Gender identity and expression can be a confusing topic for many people, which can lead to misconceptions that can be harmful to gender diverse people and impact upon their health. Here's the lowdown on the language and the details of gender diversity; What is it and how does it link to wellbeing?

What is gender identity and diversity?

Gender and biological sex are not the same. Biological sex refers to the physical features with which a person is born, which are usually described as male or female. However, someone may also be there may also be intersex, which although in itself isn't a gender identity but a term used to describe when a person has sexual anatomy that don't fit the "typical" definitions of male and female).

A person's gender is how a person identifies socially and mentally. It might influence how a person expresses themselves, how they behave socially, and/or how they would like to be treated by other people. Some genders include (but are not limited to):

- Male or female
- Both male and female (bigender)
- Neither male nor female nor any other gender (agender)
- A third gender
- Change between genders over time (e.g. gender fluid).

But what about being transgender?

When a person identifies with the gender that matches their biological sex or the gender they were assigned at birth, this is called being cisgender. When a person's gender is different from their biological sex and/or gender assigned at birth, this is transgender. Transgender people may undergo transition to become biologically more similar to their identified gender, but this depends on the person as not all transgender people do so. Being transgender, though, says nothing about sexual orientation, which is separate from gender. A person of any gender might be homosexual, heterosexual, bisexual, asexual, pansexual, or any other sexual orientation. Gender and biological sex are not the same. If you are transgender or otherwise gender diverse, you are not alone!

“ Gender and biological sex are not the same. ”



“ If you are transgender or otherwise gender diverse, you are not alone! ”



Gender identity and health

People who are gender diverse are much more likely to experience mental health concerns than other people, but research shows that this is not because of their gender identity itself. Instead, people who are gender diverse are more likely to have stressful experiences that may make life tougher, contribute to depression, anxiety, and thoughts of suicide, and make it more difficult to seek help:

- Bullying and discrimination (including transphobia)
- Worries of acceptance
- Feeling different and/or feeling pressured not to feel different
- Feeling unsupported or alone

Discrimination is unfortunately common for gender diverse people. A simple way to support someone you know who is gender diverse is to use their preferred pronoun (e.g. she/he or ze/hir – if you're not sure, just ask them!). Asking is a small gesture but can make a big difference in helping the gender diverse person feel more comfortable and accepted!

Many supports are available to help with stressful experiences associated with gender diversity, such as **headspace** and more specialised support services such as the Gender Centre and Twenty10. If you are transgender or otherwise gender diverse, you are not alone!

NEED SOMEONE TO TALK TO?



Kids Helpline — 1800 55 1800
Lifeline — 13 11 14
headspace Penrith: (02) 4720 8888
headspace Parramatta: 1300 737 616
headspace Mount Druitt: (02) 9675 2602



or visit online

<http://headspace.org.au/>

MONEY MATTERS

Got money troubles? Give yourself more credit! Maybe you've changed jobs a lot recently, acquired a taste for nice things or have a savings goal you want to reach. We could all benefit from learning how to manage our cash better from time to time. Like they say - money makes the world go 'round!

Did you know then that **headspace** provides free financial counselling services? All you need to do is ask your Youth Access Clinician at **headspace** to book in an appointment.

How can a financial counsellor help you?

- Get debts under control
- Budget tips and tricks
- Suss out your super fund
- Demystify banking, credit cards + loans
- Gambling support

You may want to see a financial counsellor if you've recently:

- Been in and out of work
- Noticed you're gambling more
- Increased your use of drugs and alcohol
- Racked up some credit cards
- Got to pay back \$\$ owing to friends/family
- Been strapped for cash when bills are due
- Had long-term health issues (mental and or physical)
- Found it hard to budget your money from work/Centrelink

“ Maybe you have changed jobs a lot recently or just have a taste for nice things ”



DID YOU KNOW?



Only about 40% of young people with mental health issues receive professional help but what does this really mean? While many people may think this just includes support from a psychologist or psychiatrist, this is not always the case. There are actually many qualified people who can support a young person experiencing mental health concerns including:

- Social workers
- Counsellors
- Youth workers
- Mental health nurses
- Case managers
- GPs

Many professionals are registered with Medicare, which means their services are often free or at a reduced cost on behalf of the Department of Health.

At **headspace** Mount Drutt, Penrith and Parramatta all our services are free as well as confidential. To find out more about how this works, just ask at reception or give us a call we will be happy to answer!

EVER FEEL STRESSED? TRY ART THERAPY

By Donna Zhang

Feeling worried or pressured is natural for every human being!

As we grow older, we tend to take on more responsibilities and take charge of more decision making; like
What subjects to choose in school?
Which route should I take after graduation?
How can I get there?

These thoughts and concerns may cause pressure on your mind, but that's perfectly fine! It's how we go about with this stress really matters. Managing stress can be tricky and take a while and some trial and error to find out what really works for you. So why not give a natural remedy called art therapy a go?

What is art therapy?

Art therapy is a way to help release our tension and draw our mind to a relaxing state through an individual, unique way of art making.

“ Art is not living,
It is the use of living
-Andre Lorde ”

Who is art therapy suitable for?

Every human being! We as living creatures inevitably experience highs and lows throughout our life. A person of any age and at any stage of their lives can benefit from art therapy. Like all strategies for managing stress though, what works for some people doesn't necessarily work for others. It can't hurt though to get your hands dirty while trying something new!



QUICK EATS

AVOCADO FRIES

Time: 20 mins

Serves: 2 (double ingredients for more)

Ingredients:

2x Ripe Avocados
2x Eggs
Bread Crumbs
Frying Oil
Salt (to taste)

Method: Cut your avocados in half and remove the seeds. Scoop the avocado out of it's shell keeping the fruit intact.

Place the avocado upside down on a cutting board. With a kitchen knife, slice your avocado lengthwise into preferred sizes (index finger size).

Beat two eggs in a bowl. Prepare a bowl of bread crumbs.

Coat each of your avocado slices into the egg mix.

Then coat each of your avocado slices into a bowl of bread crumbs -coating each of them nicely with a thick layer of bread crumbs all over.

Pour frying oil of choice into a frying pan and allow the pan and oil to heat up. When your oil has heated up, place your breaded avocado slices into the pan. Fry the slices until they are brown on both sides.

Dip Tip: Try mixing Ketchup and Mayonnaise for a delicious dip to go with your avocado fries.

“ If you are trying to avoid gluten, ”
swap the bread crumbs with a
gluten free substitute or coconut
flour and flakes.



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WE'VE GOT
YOUR BACK

