



headspace
Wollongong

YOUTH HEALTH WORKSHOPS 2015

50-60 minutes

Years 7-12, UOW, TAFE

20-40 students

Multiple sessions for
full year groups

What's in your headspace?

This workshop answers frequently asked questions about mental health, including what mental health is, some of the most common mental health problems that young people face, and how and when to seek help for yourself or a friend. Students explore why it can be difficult to talk about mental health issues.

Where possible, a Youth Reference Group volunteer co-facilitates this workshop.



50-60 minutes

Years 11-12 only

20-40 students

Multiple sessions for
full year groups

HSC Stress Less

Students will learn some of the common signs, symptoms and sources of stress, explore how stress can be managed, and understand how and when to seek help for themselves or a friend. This introductory workshop is designed for Years 11 and 12, although can be tailored for other year groups on request.

Interested students can also self-refer into a series of HSC Stress Less workshops run at headspace Wollongong.

5-10 minutes

Years 7-12

Full school assembly

School Shout Out

Only got five minutes? This brief announcement at a whole school assembly introduces headspace to students and encourages early help-seeking. Students can also approach **headspace** staff, school counsellors or support staff for more information on seeking help after the assembly.

50-60 minutes

Teachers, school staff,
youth workers and
other professionals

(Shorter sessions by request)

Supporting Your Students

This workshop is designed to inform teachers, school staff and service providers about **headspace's** services, including referral processes, why young people are seeking help and community engagement opportunities for your school or organisation.

Where possible, a clinical team member co-facilitates this workshop and is available to answer related questions.



headspace Wollongong can adapt workshops to suit your school's needs or fit in with existing programs (such as school camps or Crossroads). Contact Clementina Velasco, Community Engagement Officer on (02) 4220 7660 or cvelasco@headspacewollongong.org.au to book or discuss your needs.

Teacher supervision is required during workshops. Teachers, support staff and school counsellors are also encouraged to participate and get involved. Workshops are free of charge for schools and organisations.