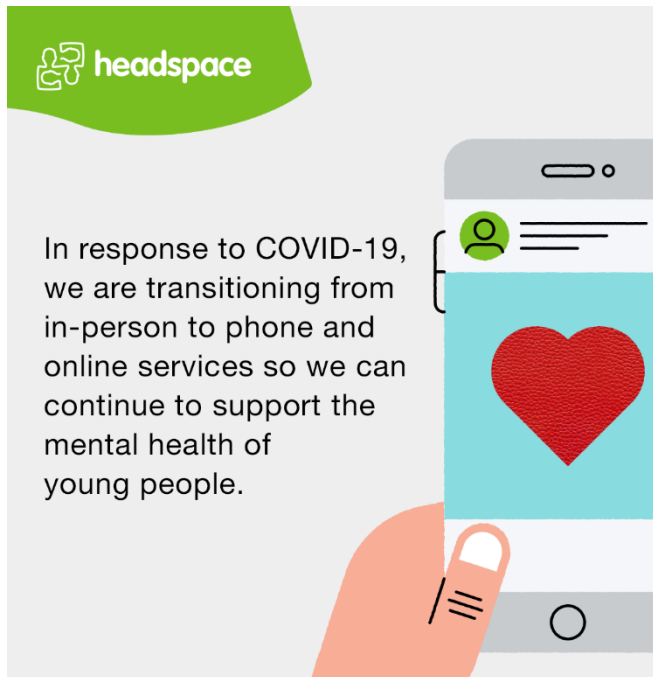


# headspace Bondi Junction School Newsletter 17



## COVID-19 Service Update



In response to COVID-19, we are transitioning from in-person to phone and online services so we can continue to support the mental health of young people.

We are transitioning to on-line and phone services. We will still be supporting young people with 1:1 counselling and support around:

- mental health
- drug and alcohol counselling
- physical health (GP and exercise physiologist)
- staying engaged with education and training
- gender and sexuality issues.

We will be doing this via telephone or secure video-conferencing. Our hours remain the same, and we are still accepting referrals – see our service provider referral form on our website.

If young people have issues accessing technology or engaging in this way, we encourage them to call us to discuss strategies that might help.

### Services temporarily on hold:

We are not currently running the sexual health clinic, the oral health clinic or our yoga group. Our Delta Dog visitors are also having a well-earned holiday.

## Online supports for young people

The times, they are a-changing...

Dealing with change and unpredictability can cause stress, anxiety and irritability.

Our 7 tips for a healthy headspace are really important in keeping positive mental health in these changing times (see p3 for a modified “at home” routine).

There are also a lot of good resources online that can support health and wellbeing.

<https://headspace.org.au/young-people/how-to-cope-with-stress-related-to-covid-19/>

<https://au.reachout.com/collections/coping-during-coronavirus>

<https://blackdoginstitute.org.au/covid-19>

Online chats – headspace “Spaces” are peer-moderated online chats on various topics. There are general coping chats every Wednesday, Thursday and Friday at 6 – 10 pm. See <https://headspace.org.au/eheadspace/spaces/community/80192/>

There are still weekly [navigating relationships](#) on Mondays at 6pm and [qheadspace spaces chats](#) on Tuesdays at 6pm, taking place too.

### Accurate, Timely Coronavirus information

Up to date information is available from <https://preview.nsw.gov.au/covid-19>

There is also now a Coronavirus app, available on the [Apple App store](#) or [Google Play store](#).

Translated resources are available at <https://www.health.nsw.gov.au/Infectious/diseases/Pages/coronavirus-resources-cald.aspx>

SBS also has coronavirus news available in 63 languages at [www.sbs.com.au/coronavirus](http://www.sbs.com.au/coronavirus)

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## The PUSH-UP Challenge

Raising money for better mental health, the Push-Up Challenge has participants getting fit, learning about mental health and raising money for headspace.



From 8<sup>th</sup> to 28<sup>th</sup> June, participants complete (by themselves or in teams) 3046 pushups in total, representing the number of lives lost in Australia due to suicide in 2018. To register, see [www.thepushupchallenge.com.au](http://www.thepushupchallenge.com.au). Registrations open this week. headspace Bondi Junction is available as one of the services to raise funds for – we'd love your partnership.

## Self-care tips

Our Youth Reference Group continues to meet via teleconference... their tips for self-care include:

- It's okay to walk around the block and get some sun while you're isolating. Practice physical distancing (1.5m away from other people).
- Check in every day with friends and family members while in isolation to keep sane together. It feels good to see faces! 😊
- Take time to meditate or just breathe, alone. In quiet or blasting music. Take time to be alone.
- Do something for someone that in no way benefits you. Altruism is key.
- Take a shower (it's relaxing).
- Rearrange/ redecorate your room to freshen things up.
- Whether it's weekly or daily, schedule something that you genuinely look forward to. It could go from talking to a friend to playing video games.



When times get tough, these things will help you push forward.

- Send your friends a message saying how you appreciate them (or just casually drop this in your conversations).
- Take life day by day, and allow yourself to focus on one task/goal at a time.

## Coming attraction ...

Watch out for our new headspace@home VLOG... coming soon to our Instagram and facebook pages.

## Staff changes

We have two lovely new reception staff – Victoria (below left) and Carla (below right). Jenni has moved to sunny Queensland, and Ashleigh has moved to the Royal Hospital for Women.



Last fortnight we farewellled our Centre Manager James, and are currently recruiting for a new Centre Manager. We also welcome Gareth, our new exercise Physiologist, and Lea (below right), a psychologist.



## Crisis supports

If you need immediate support, please contact:

**Lifeline** (24x7 phone support): 13 11 14

**NSW Mental Health Line:** 1800 011 511

**Kids Helpline** (for people under 25): 1800 55 1800



## staying at home?



try this self-care strategy: stick to a daily routine

Plan to include these actions everyday:

Stay active. Do something that gets you moving. Maybe you could try an online exercise class, or go out for a tour of your neighbourhood streets.



Eat well. Try to eat to a regular routine. Remember to eat from all the food groups, and aim for healthy snacks. Drink plenty of water, avoid sugary drinks and avoid too much caffeine.

Get creative or learn something new! You could learn auslan online, express your feelings through art, or take online music lessons.



Set aside some time to rest and unwind. You could try a mindfulness exercise, or some yoga.



Plan to connect with others in creative ways everyday. Phone a friend, write a letter, video call or even video conference with friends and family. Try an online book club or gaming group.



Have a healthy sleep routine, Aim to go to bed at the same time every night and get up at the same time every morning. Avoid screens and caffeine before bed. Try not to nap in the day.