

# headspace Bondi Junction School Newsletter 18



## COVID-19 Service Update

We are using secure video-conferencing or phone to provide 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.

Our hours are the same, and we are still accepting referrals – call us on 9366880.

If you have issues accessing technology or a private space or engaging in this way, call us! We can look at strategies that might help.

It may also be possible to “attend” your telehealth session from school, have a chat to your year advisor or counselling staff about how this could work.

## Services on hold:

We are not currently running the sexual health clinic or the oral health clinic. For sexual health support, contact 1800 451 624. Our Delta Dog visitors are also having a well-earned holiday.

## Online Yoga - About to start!

We are bringing back Yoga, trialling a new online format for our current clients, with Youth Access Clinician Rachel. Call us on 93668800 to book in, Thursdays 4-5pm. Starting 21st May, you'll need to byo mat, waterbottle, towel and device!

## Tips and tricks on social media

Like our facebook or insta for tips on surviving and thriving during #iso. We have lots of new content.



[https://www.instagram.com/headspace\\_bondi\\_junction](https://www.instagram.com/headspace_bondi_junction)



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

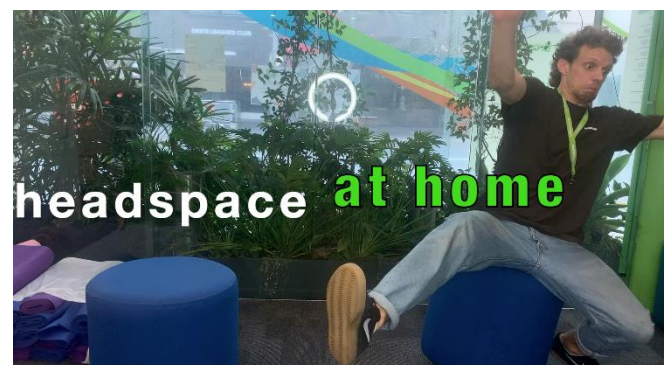
## Your favourite things competition



Share your favourite things with our Instagram **#headspaceavouritethings** competition, hosted by Our “Favourite Thing”, Delta Therapy Dog Moody. Win a headspace pamper pack, and we'll repost your image. Tag #headspacefavouritething (and @headspace\_bondi\_junction, #yourbestheadspace), AND tell us why you it's your favourite thing. Closes 18 May.

## headspace at Home

Join social work student Felix as he navigates #iso and gets tips from headspace staff and clinicians in our new VLOG. On facebook, insta or our website. Send in your questions for clinicians to answer.



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## The PUSH-UP Challenge – new dates

We are challenging ourselves to do 3046 pushups over 21 days (as a team), and we'd love you to join us!!! It runs from 11-31<sup>st</sup> May, so register at [www.thepushupchallenge.com.au](http://www.thepushupchallenge.com.au). You can do it alone, or make up a team.



Each day you get a set number of pushups to do, plus information about mental wellbeing. The total represents the number of lives lost in Australia from suicide in 2018. If you'd like to fundraise for us or another headspace centre, awesome! But mostly, we'd just love your participation in the challenge.

Like our instagram or facebook, take photos of yourself doing pushups in various ways, tag us at #pushforbetterbondi and we'll share on our page.

Don't like pushups? You can do alternatives – pushups on the wall, squats, crunches, or even list the things you are grateful for that day.

## Don't put your health on hold!

headspace GPs and Exercise Physiologist are all available for consults. Most appointments are via telehealth (phone or video) even easier than coming in! Our lovely team of GPs will organise any tests, referrals, medication etc with you. They can advise on mental & physical health, medication, sexual health, sleeping patterns, anything worrying you 😊 If you need to come in person, they can organise that too. Call us to book an appointment!



Above: Dr Karen (L) and Dr Mary (R)

## Save money and support headspace with



The Entertainment Book has loads of discounts on take-away food stores, plus a Big W e-gift card if bought before Mother's Day. To order, go to [www.entertainment.com.au/orderbooks/9411e60](http://www.entertainment.com.au/orderbooks/9411e60)

## Digital Lunch box

Find fun online resources and activities to do at home in your lunchbreak, after learning hours and on weekends. [www.digitallunchbreak.nsw.gov.au](http://www.digitallunchbreak.nsw.gov.au)

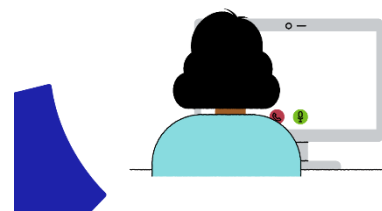
## Education support

Struggling with school? Don't want to drop out, but need some help finding the right pathway? Our Education Specialist Katie can help. Call 02 93668800 to find out how.

## Web support

Dealing with change and unpredictability can cause stress, anxiety, overwhelm. There are a lot of good resources online that can support wellbeing:

discover our seven tips for a healthy headspace



<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

eheadspace "Spaces" are peer or clinician moderated online chats on various topics, on most evenings.

<https://headspace.org.au/eheadspace/spaces/community/80192/>

## 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