

celebrate headspace day



Support youth mental health on headspace day Wednesday, 9th October 2024.

Adapt and share this article in your newsletter or share on your website to show your support, and educate others in the community.

ARTICLE

Pause, reflect and reconnect with what works for you this headspace day!

headspace, Australia's National Youth Mental Health Foundation, provides early intervention mental health services to 12-25 year olds. This **headspace Day**, we're inviting everyone to join us in supporting youth mental health by taking a moment to **pause, reflect, and reconnect** with what works for you.

Being a young person is an exciting time of trying out new things, building skills for life and thinking about the future. Sometimes this can also feel overwhelming and stressful.

This year's theme, **Pause. Reflect. Reconnect.** encourages young people to take time amidst life's challenges to find balance and joy. Whether it's spending time with family, pursuing a hobby, or simply taking a break, finding time for self-care is essential.

We encourage you to visit the [headspace website](https://www.headspace.org.au) for information on how you can get involved, find great tips, and explore activities to support your wellbeing and the wellbeing of others. **Let's come together to make a positive impact on the mental health of our young people.**

[headspace.org.au/our-impact/campaigns/reconnect/](https://www.headspace.org.au/our-impact/campaigns/reconnect/)

**pause.
reflect.
reconnect.**

