

community partner support guide



headspace

National Youth Mental Health Foundation



headspace Day 2026

what is headspace Day?

Mark your calendars for headspace Day on Wednesday 14 October 2026. This annual event is all about promoting the mental health and wellbeing of young people.

Our aim? To get you — community organisations, schools, local clubs and more — actively promoting youth mental health, wellbeing and the everyday things young people and their families can do to support their mental wellbeing.

Join us in making a real difference through local events and digital engagement. Together, let's make youth mental health something to talk about!

**our headspace Day theme
this year is:**

do nothing*

Young people today are usually asked to do more - juggle a lot – check in. Reach out. Journal. Exercise. Download another app. Book an appointment. While these all have value, they can accidentally become another item on an already overwhelming list.

We want to flip that expectation on its head by asking young people to take some time to do *nothing** this headspace Day for their mental health and wellbeing.

Do *nothing** isn't about adding more to your life. It's about recognising that sometimes doing less is exactly what your mind needs.

For ideas on how to activate the campaign visit:



headspace.org.au/donothing

supporting headspace Day 2026

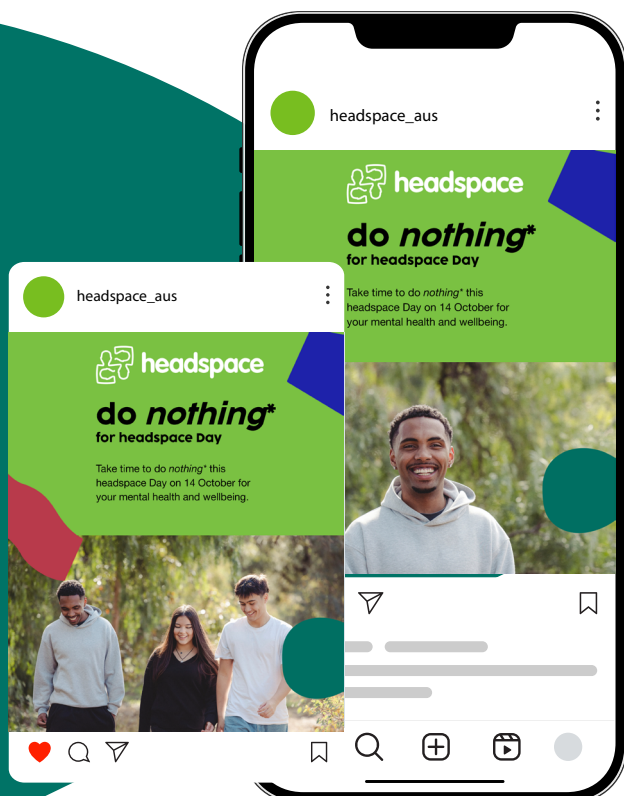
headspace would love your support in bringing headspace Day to life. In fact, the support shown by you to young people in helping build their confidence, acknowledging mental health and providing guidance on the ways they can support their mental health and wellbeing is vital.

Here's some ideas about how you can show your support and raise awareness of youth mental health.

collateral

Collateral and images are available to download and use locally.

- Check out our [Partners' Activation webpage](#) to access images and collateral including posters & digital resources to support mental health and wellbeing.



social media

Social media messages are an easy and visible way to show your support. You'll find images that you can use at headspace.org.au/donothing/get-involved.

- Share messages throughout October on your social media channels.
- Encourage young people and their families to share what they do to when they want to do *nothing**.
- Use [#headspaceDay](#) in your social media posts.
- You can send audiences to headspace.org.au/donothing for more information.

We've outlined some social posts to help.

example social post

Taking time to do *nothing** this headspace Day can be good for your mental health and wellbeing. That's why we encourage *[insert audience e.g. students, players to insert behaviour]*, to help them *[insert feeling]*. Find out what might be right for you, at headspace.org.au/donothing #headspaceday

Ways to do *nothing**:

- Take a break
- Group meditation or breathwork session
- Sunrise or sunset watching
- Enjoying a meal without devices
- Wellbeing walks
- Connect with country
- Being in nature
- Exercise
- Talk with their friends

Ways to do *nothing** together:

- Talk with friends and family
- Playing board games
- Planting trees
- Listening to music
- Sitting in the sun
- Scavenger hunts

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newsletter, website, intranet

Help us to help your young people and their family by sharing the information in this pack or information from the headspace website in your **newsletter** or **via your intranet** or **website**.

- Ways that young people can do *nothing**
[headspace.org.au/ donothing](https://headspace.org.au/donothing)

take some time to do *nothing** for your mental health and wellbeing

- Group meditation or breathwork session
- Sunrise or sunset watching
- Enjoying a meal without devices
- Group puzzle session or social games – cards, board games, giant games like jenga / connect 4
- Wellbeing walks, or scavenger hunts
- Regulation and rhythm – drumming circles, dance, movement, stretch classes
- The art of doing nothing setups – colouring, knitting, art spaces
- Sitting in the sun
- Planting activity
- Comedy performances, live music
- Group listening session
- Sharing a meal together
- Gathering with community
- Storytelling
- Cultural arts



do *nothing** for headspace Day

This headspace Day, **14 October**, take 10 minutes to do *nothing** for your mental health and wellbeing and let your mind reset.

headspace.org.au

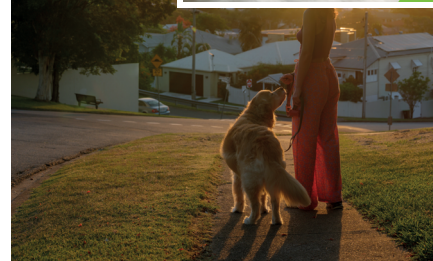
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headspace.org.au



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questions and answers

These questions and answers can be used in your communications that promote headspace Day. This might be writing a newsletter article for a local school or sport club, inviting people to events or general social media content.

what is the purpose of headspace Day?

- headspace Day is a national day of support for the mental health and wellbeing of all young Australians.
- Today, young people face a unique set of challenges including things like:
 - financial pressure
 - discrimination
 - world events such as conflict and climate change
 - online safety
 - domestic and family violence.
- Young people are navigating a complex world and may experience stress, anxiety or hopelessness at times. Many are already finding ways to cope, connect and care for their wellbeing, while others may need additional support
- We want young people to know that taking some time to do nothing can be one of many ways to support their mental health and wellbeing, especially during busy or overwhelming times.

what if a young person is feeling alone or doesn't feel they have support?

- If a young person feels alone and wants to reach out, they can seek help through headspace either face-to-face, online or via phone. Direct them to our website for the full range of contact options:
 - headspace.org.au
 - 1800 650 890
- Encourage young people to find a trusted person in their life like a family member or friend, teacher, coach, faith leader, Elder etc. to share your challenges is a good first step. Or try reaching out for professional support.

who can benefit from focusing on their headspace?

- The [seven tips for a healthy headspace](#) can be used by everyone to help actively support their mental health and wellbeing.
- The practical tips and advice could apply to any young person, parent, a friend, a teacher or any other person who might be having a tough time.
- They can help those who feel disconnected from other people, their study, work, country or culture.
- Try different strategies and activities to find what might work for you. You can find resources at headspace.org.au.

what is some practical advice you can offer to family and friends who want to encourage their young person to actively maintain their mental health and wellbeing?

- Start having conversations about mental health and wellbeing and emphasising it's normal to have ups and downs. Everyone looks after their wellbeing in different ways.
- Learn about the [seven tips for a healthy headspace](#).
- These can help educate your young person on actions they can take to support their wellbeing.
- Be a role-model, show your young person that you work on your mental health and wellbeing by actively doing some of the seven tips, or creating a family routine.
- For practical tips on how to understand the warning signs for your young person, or for ways to get informed about how to speak with them about mental health and wellbeing, visit: headspace.org.au/makespace.

questions and answers

what practical advice can you offer families about young people's social media usage?

For many people, social media is an important part of their lives. It can help them stay connected, explore interests, and can also be a space for self-expression.

- Like many things, spending too much time on one thing can have a negative impact.
- Social media is one of these things. Spending time on social media can leave us feeling down, overwhelmed, or unable to switch off.
- We might compare ourselves to others, spend less time doing the things that keep us healthy, or experience cyberbullying.
- It's important to remember though, that young people live in one world that includes both physical and online elements. This is a connected world for them, and there is little distinction for a young person.
- Most young people are aware of the downsides of social media, they are critical of content and know algorithms influence what they see.
- In order to have conversations with young people about social media, it's important for adults to consider and understand how social media works - the positive points about connection and the negative factors such as sexual exploitation, bullying and body image issues.
- Being informed about how your young person uses social media, for what purpose, and how social media works, will enable you to have meaningful conversations. Telling your young person to "just stop" won't provide them with the skills to stay safe when they are online.
- Get some more tips for you and your young person at: [healthier social media relationships](#).

what is practical advice you can offer to young people who might feel disconnected from study or worried about study?

- For young people in secondary school, suggest and encourage them to:
 - Reach out to family to talk about how they're feeling
 - Join a group – drama, music, sport – it doesn't matter what, as long as they enjoy it.
 - Take breaks when studying – kick the footy with their friends or go for a bike ride – 5-10 minutes away from schoolwork can help re-energise them.
 - Scribble, draw or jot down what they are thinking to release some tension.
 - Chat with their siblings or friends about what they do / did at high school if they were feeling anxious or overwhelmed.
- For young people at Uni or TAFE, suggest and encourage them to:
 - See what they can discover along the way – take a different train, bus, tram or walking route to Uni / TAFE, try a new café.
 - Try a change of scenery – take the laptop outside or to the library – try studying in different environments and see what works.
 - Meet up with people when you are doing group work – walk and talk about assignments.
 - No matter what age you are, good sleep patterns help with study too – so try to encourage young people to go to bed at the same time and set that alarm each day at the same time and get up at that time.
 - Regular healthy snacking – fruit, veggie sticks and the occasional chocolate bar – will also help give our body the energy it needs to focus in class, whether that's online or not.
 - Connecting with family no matter where they are
 - Cultural, language or faith-based clubs or communities
- Some young people can also feel lost when they transition out of Secondary School who choose not to go onto Tertiary study. Year 13, as it's commonly referred to, can be a time where young people feel more disconnected and uncertain about their future. This can increase their risk of poorer mental health outcomes, including suicidality.
- Offer some positive solutions: e.g. Providing routines and opportunities for connection during this time can be helpful for young people.

questions and answers

What is practical advice you can offer to young people who are disconnected from school e.g. school refusal/ school can't or other systems (e.g. sport, hobbies, work)?

- Find calm moments to talk - Choose times when you're both relaxed to discuss their concerns.
- Understanding the specific issues - whether it's bullying, academic struggles, teacher conflicts or something else - is the first step to addressing them. You may need to talk several times to get your young person to open up.
- Ask direct questions - Encourage open communication by asking specific questions about their worries. For example, "Are you being bullied?" or "Are you finding the school work too difficult?" This helps pinpoint the problem and shows that you're there to support them.
- Focus on strengths - Help them manage their worries by focusing on their strengths. Encourage positive engagement in daily activities and explore ways to use their strengths to tackle challenges. For example, sharing a remember when story with a young person.
 - "Remember when you really didn't want to join the new basketball team but you went along and now you're great friends with the whole team? I wonder what helped you do that? Do you think you could talk to the team about how they manage their school work?"
- Learn relaxation techniques together - Practice relaxation methods or calming activities grounded in cultural, traditional or faith-based practices to help reduce stress and anxiety. Try doing this before bed or before school. Doing this together can also strengthen your bond.
- Create a collaborative plan - Work together to develop a plan for managing difficult parts of the school day or other activities. This could include strategies for the start of the school day, handling social situations, or dealing with school work.
- Talk to the school - Communicate with the school to create a collaborative plan. A clear, well-understood strategy between the young person, parents, and school can effectively address school refusal.
- Seek professional support if needed - Consider professional help to uncover the underlying reasons for their difficulties with attending school/work and to develop effective strategies for managing their challenges.
- For more information visit [strategies to assist with school refusal](#).



Visit headspace.org.au for more tips to support work & study

