

Free Workshops, Presentations and Info Stations with headspace Armadale in 2017

What is headspace Armadale offering the community in 2017?

As well as support services offered through the centre, headspace Armadale can also support the community through a range of educational activities. These include:

- Presentations and workshops for young people aged 12-25 in schools, TAFE's, University and community programs
- Meet **headspace** presentations for school staff, parents and services
- **headspace** Information Station at open days, health expos, forums and events

Workshops and Presentations

headspace workshops and presentations usually go for approx. 40-55 minutes and include a range of practical evidence based content, interactive activities and videos.

Presentations can be tailored for young people from culturally and linguistically diverse backgrounds and Aboriginal and Torres Strait Islander young people. All of our presenters use safe and inclusive language and are happy to discuss any specific concerns or requests you may have when booking a presentation.

headspace workshops work best with groups of 5-30 so those participating can ask questions and get fully involved in activities. We are happy to consider bigger groups on a case-by-case basis.

Topics for young people currently include:

- *Meet **headspace** and Intro to Mental Health*
- *Healthy **headspace***
- *Bullying*
- *Exam Stress and Coping*
- *Positive Body Image and Healthy Eating - (young women or young men)*

Topics for teachers and services include:

- *Meet headspace*
- *Youth Mental Health – What's going on out there?*

Please see the attached page for an overview of the content of these workshops.

Is there a cost attached?

No. These workshops are free and include resources.

How do I book?

If you would like to book a presentation, please book via the online booking form found on the headspace Armadale website or [click here](#). For more information, special requests or for event bookings you can contact our Community Engagement Officer on 9393 0300 or email suellen.althaus@headspacearmadale.com.au

Please Note: There is often a high demand for headspace Armadale's free workshops. To ensure you have the best chance of booking your preferred date please provide as much notice as possible (3-4 weeks minimum).

What happens next?

After you've contacted the Community Engagement Team you will receive a response within 5 working days. Once your booking has been confirmed you will receive email confirmation. On the day of the workshop or activity **headspace** Armadale team member will arrive 20 minutes prior to setup any multimedia devices and resources.

Presentation and Workshops for Young People: Content Overview

Meet headspace and Intro to Mental Health

- Introduction to the **headspace** service, eheadspace and **headspace** online resources
- How **headspace** can help, how to refer and what to expect at a centre
- Introduction to mental health and wellbeing including myth busting activity.
- Tips for a healthy **headspace**
- What to do if you aren't okay
- What to do if a friend isn't okay
- This includes videos: "[Mental Health and You](#)" and "[Tips for Healthy Headspace](#)"

Healthy headspace

- Introduction to the **headspace** service, eheadspace and **headspace** online resources
- Brief intro to mental health
- Explores positive coping strategies, and common ways to de-stress and tips for a healthy headspace
- An opportunity for young people to explore and share positive habits they already have
- What to do if you aren't okay
- Meditation activity
- This includes videos: "[Tips for Healthy Headspace](#)"

Bullying

- Different types of bullying, the role of a bystander, why people bully, case study and effects of bullying
- What to do if you aren't okay & What to do if a friend isn't okay
- A case study of young person who experienced bullying
- Support available for young people that may be experiencing bullying
- What to do if you are being bullied
- This includes video: "[We've got your back against bullying](#)"

Exam Stress and Coping

- A brief introduction to **headspace** and headspace services
- Introduction to stress and the effects on the mind and body
- Coping strategies and looking after yourself around exam time
- Practical ideas and study tips
- What to do if you aren't okay

Positive Body Image and Healthy Eating

- What is body image and what causes body dissatisfaction.
- Brief overview of eating disorders
- What to do if you're not ok
- Positive body image and self-esteem
- Healthy eating using the Australian Guide to Healthy Eating
- Identifying junk science such as fad diets and nutrition claims (15 years +)
- A range of male or female specific videos including: "[dove evolution](#)", "[dove campaign for real beauty \(male version\)](#)" and more.

Presentation and Workshop Content Overview – Adults and Professionals

Meet headspace

- Introduction to the **headspace** service, **eheadspace**, and how to refer
- What a young person can expect at a centre and intake process
- Types of issues we are seeing at **headspace** Armadale and a brief snapshot of youth mental health
- Tips for a healthy **headspace**
- Online Resources

Youth Mental Health – What's going on out there?

- Introduction to the **headspace** service, how to refer and what we offer
- Brief overview of trends and common concerns of young people at **headspace**
- Introduction to Anxiety, Depression, Self-harm and Bullying