



december newsletter

everything going on with our centre
and the community at large

headspace

Armidale details

referrals

We provide free services for young people aged 12-25 years. Anyone can make a referral including self-referral, family, friends, service providers and health professionals. Referrals can be made in person, by phone, in writing (email, fax, letter) or online.

To access our online referral form, click on this link:

LEARN MORE



headspace is not a crisis service: for emergency assistance call 000

Other helpful contacts: Mental Health Line 1800 011 511 Kids Helpline: 1800 551 800 Lifeline 13 11 14 Suicide Call Back: 1300 659 467
ehespace: 1800 650 890 or ehespace.org.au



headspace
Armidale

january updates

youth reference group

The Youth Reference Group is gearing up to begin organising 2025 youth week! with a plan of youth markets, family fun days, and workshops, we will release the official lineup soon!



our waitlist

We are currently experiencing a waitlist of 1 week.

Please complete the referral form, and a member of our team will reach out shortly to arrange your first appointment.



your thoughts

What do you want to see from us?
headspace Armidale is committed to being a resource for the community and our young people.

Is there an activity or event you'd like us to put on?

A workshop to deliver?

Let us know by completing the QR code form!
or this button!



LEARN MORE



headspace
Armidale

summer holiday calendar

murder mystery Mondays



these summer holidays, join our headspace armidale crime team and solve unsolved crimes! Work as a team, problem solve, and be quick thinkers, as you solve these mysterious unsolved crimes!

Session 1 kicks off on January 6, from 2pm till 3.30pm!

Session 2 is Jan 13, from 2pm till 3.30pm

Session 3 is Jan 20, from 2pm till 3.30pm

and our final session, Session 4 will be Jan 28*, from 2pm till 3.30pm.

*moved due to 26 Jan Observed Public Holiday

dungeons and dragons summer campaign

these summer holidays, headspace armidale is asking youth to embark on a dangerous quest, a challenge like no other!

open for all youth aged 12 to 25!

8 January 10am - 4pm

15 January 10am - 4pm

22 January 10am - 4pm

29 January 10am - 4pm

lunch provided, so register now and get your place, as places are limited!



dungeon master 101

have you ever wanted to learn how to run your own Dungeons and Dragons campaign??

register now and learn from master DM Ryan on how to run a campaign, create a story line, and what to do when your players go off script!

Tuesday 14 Jan 1pm - 4pm

Thursday 16 Jan 1pm - 4pm

Register now!



headspace
Armidale

peer group chats

navigating relationships



Relationships impact our mental health and wellbeing.
Monday from 6.30pm weekly.

[LEARN MORE](#)

adults supporting young people

If you are an adult supporting a young person, it can be helpful to hear from other adults about their experience.

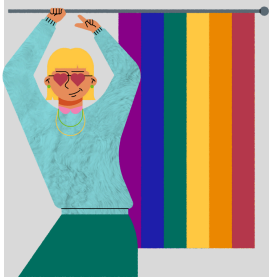
Monday from 6.30pm weekly.



[LEARN MORE](#)

qheadsapce

If you identify as, are questioning or are interested in learning about trans and gender diversity and/or sexuality join the community to discuss all things LGBTQIA+.



Tuesday from 6.30pm weekly.

[LEARN MORE](#)

general coping

Join the community to learn more about how to keep on top of stress, and function at your best.
Wednesday from 6.30pm weekly



[LEARN MORE](#)

work and study

Join the community to learn some tips and tricks to support you in achieving your work and study related goals.
Thursday from 6.30pm fortnightly.



[LEARN MORE](#)

yarnspace

Everybody goes through times when our body, mind and spirit feel weaker. Join this online community for Aboriginal and Torres Strait Islander people to access resources and connect with other people like you.



Thursday from 6.30pm weekly.

[LEARN MORE](#)



headspace
Armidale

trends we're seeing

what to expect from therapy/counselling

It can be scary going to see someone for support for the first time. If you're feeling unsure about what it's all about - that's normal - and headspace is here to help. We've put together some of the common experiences people have in the first session, answered some frequently asked questions, and busted a few myths along the way. Remember getting support is a sign of strength and there's no shame in reaching out. We all need help sometimes.

Why might people go to counselling?

Counselling can be a great way to get support when you're going through tough times. It's about having a yarn or chat with a professional about life's twists and turns and what might help.

Counselling can be useful for lots of things like when you're feeling down, anxious, angry or stressed. Some people might go to counselling to help understand themselves better or to chat about what they want in life. And it can also be helpful for exploring what you're doing well or want to do more of. It's really up to you. The sessions focus on what you want and need. They are driven by you, what you want to talk about, and anything you need support with. It might be things like:

- relationship challenges – e.g., friends, family, romantic relationships
- personal growth
- health
- work or study
- emotional wellbeing
- stress, worries and feeling overwhelmed
- grief and loss
- gender and identity
- alcohol and other drug use.



headspace
Armidale

trends we're seeing

what to expect from therapy/counselling

What to expect in the first counselling session

The first session is a great chance for you to ask questions and talk about what you want to work on. If you've been to counselling before, it might be useful to discuss what has and hasn't worked. You can share what's on your mind and see if they're the right 'fit' for you.

You deserve to feel safe, including culturally safe, respected, and heard when you're getting support.

Before starting your session your Mental Health Professional will tell you a bit about themselves and their role. They'll also:

- explain confidentiality and your rights
- discuss how many sessions you might have together
- ask if there's anything you need to support you in getting the most out of your work together.

If your session is a family session, the Mental Health Professional will want to hear from everyone about what they would like to get from the time together. They'll be interested in everyone's view and will help you and your family figure out and work towards some shared goals. If you're a young person having a family session at headspace, your needs and hopes will be the focus.



december recap

2025 wellbeing calendar

our inaugural wellbeing calendars have arrived,
and are available from our office for free!

full of young artists work, grab a calendar while
you can!

