



february 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

meet the team

Your name: Durga (she/her)

Your Role: Youth Care Coordinator

How long you've been with headspace Armidale: 3 years

Your favourite part of the job: Supporting young people to make a change in their life

What do you do in your free time: Spend time with my son and spend time in nature

Your favourite holiday destination: Nepal



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february 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!



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march calendar

youth reference group!

we have opened up applications for youth people to join our Youth Reference Group!

an integral part of our centre, the YRG leads what we do and how we do it. often the inspiration for the events and programs we do, the YRG acts as our centre lead! complete the form now and join!



dungeons and dragons

with the summer campaign over, headspace Armidale will return to the regular Wednesday 4pm to 7pm game session.

if you'd like to join, please scan the QR Code and let us know!



writing group

are you an aspiring writer?
and would you like to join our writing group??

this group will

- use prompts to write new pieces
- critique and give feedback
- read work to the group
- allow growth and practice your skills

scan the QR Code, or follow this link to let us know you're keen: the group will <https://loom.ly/Hm9pVLw>

meeting weekly on fridays, 1.30pm till 2.30pm



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march calendar

2025 youth week

2025 Youth Week is coming up

and we've heard that young people don't know what it is
a celebration of young people, Youth Week is meant for you!
so tell us what you want!

follow this link <https://loom.ly/5XizbL8> or click through
let us know!



**TRIVIA
NIGHT**

Fundraising Trivia for headspace

your local not-for-profit youth mental health organisation is asking for your help!

to support our necessary organisation and growing programs, we are hosting a
fundraising trivia event!

with tonnes of prizes to be won, and various ways to support our organisation, contact
us now to book your table and get prepping for headspace Armidale Celebrity Trivia!

friday, march 7
5.30pm for 6pm start
armidale servies club

\$20 per person OR \$100 for a table of 8
with prizes and more from local businesses, the night is sure to be a hit!

ring our office at 6738 7272 or see us at our 150 Rusden Street office,
to purchase tickets!



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peer group chats

navigating relationships



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

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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.

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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.

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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



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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.



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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.

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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.

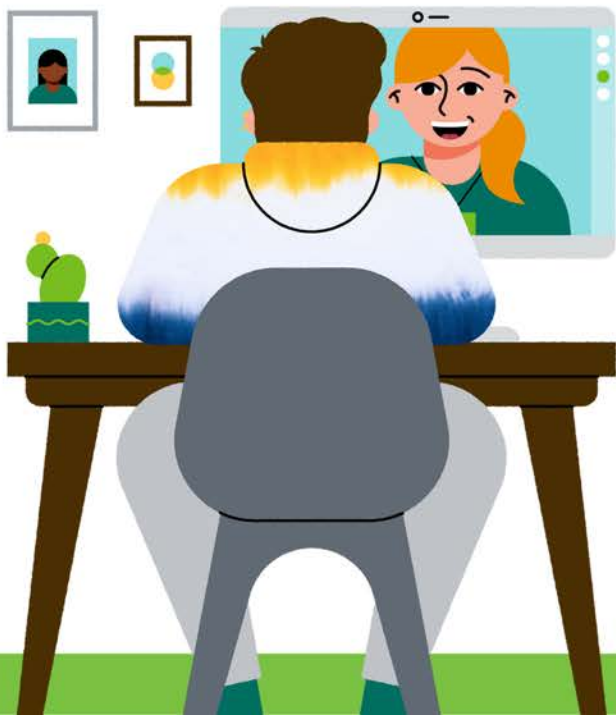
We've put together some of the common experiences people have in the first session, answered some frequently asked questions, and busted a few myths along the way. Remember getting support is a sign of strength and there's no shame in reaching out. We all need help sometimes.

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.



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trends we're seeing

what to expect from therapy/counselling

Family involvement

At headspace, we believe that family and other caregivers – whether by birth, choice or circumstance have a significant role in supporting a young person. Studies show that when family is involved in someone's care, it can really help. So wherever possible we include them in our services, always respecting what you're comfortable with and focusing on what's best for you. All involvement of family at headspace is done with your privacy and confidentiality in mind.

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.

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.



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february recap

armidale rams junior sign up day

and just like that, the Dungeons and Dragons Summer Campaign is done and dusted!

our adventurous young people fought hard against unlikely foes, some even getting intertwined with goddesses and more



we'd also like to thank Dominos Armidale for providing a great pizza lunch, keeping the young people well fed and inspired to keep on going

UNE lifesaver day



UNE lifesaver day is always a busy one on our calendar, seeing most of the first year students alongside other key community groups and organisations.

february recap

st alberts market day

thank you for st alberts
residential college for inviting
us to their market day!

