



january newsletter

everything going on with our centre
and the community at large

headspace

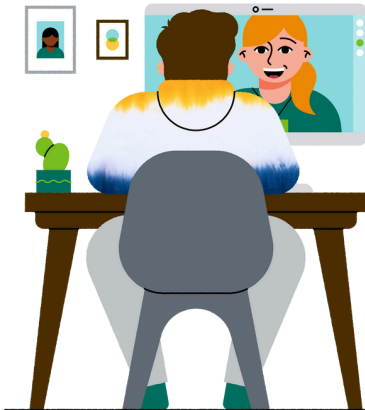
Armidale details

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:

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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: Bronte (she/her)

Your Role: Community Engagement and Development Officer

How long you've been with headspace Armidale: Just under a year

Your favourite part of the job: The team is one of my favourite aspects, but working with young people and creating a safe atmosphere is great

What do you do in your free time: I love to read, play netball and hang out with my friends



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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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february 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!



tuning into teens

This is a six-session parenting program for parents / caregivers of pre-teens and teens. You will learn to:

- Understand your teen/pre-teen
- Assist in conversing and connecting with your teen/pre-teen

Tuning into teens shows you how to help your teen develop emotional intelligence. Teens who understand their emotions:

- have greater success with making and keeping friends

to register, contact our team at 1800 372 826



february calendar

RYSE Project

school not for you?
not currently studying or working full time?
unsure how to get on track?
check out the RYSE Project
suited for all young people, learn key skills to thrive in your
personal and professional life, including

- building budgets and sticking to it
- getting a rental and your rights as a tenant
- building a resume
- getting interview ready
- looking after a car



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 \$120 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.

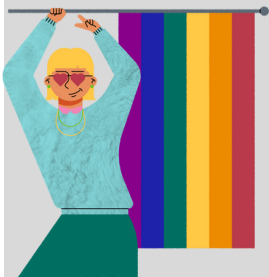
Monday from 6.30pm weekly.



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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



[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.

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trends we're seeing

what is anxiety & the effects on mental health

Anxiety is something that we all experience from time to time. It's our body's way of preparing us to face and manage challenging situations. Sometimes anxiety can help us perform better by helping us feel alert and motivated.

Anxiety can come and go – but for some people, it can stick around for a long time, or happen in situations where you wouldn't normally expect to feel anxious. This can end up having a big impact on their daily lives.

It can be tough to cope, but the good news is there are things you can do and ways you can get support.

What are the symptoms of anxiety?

Everyone experiences anxiety differently, but there are some common signs and symptoms of anxiety.

Physical signs can include:

- a racing heart
- faster breathing
- feeling tense or having aches (especially neck, shoulders and back)
- sweating or feeling dizzy
- shaking
- 'butterflies' or feeling sick in the stomach.

Thoughts can include:

- worrying about things a lot of the time
- feeling like your worries are out of control
- having trouble concentrating and paying attention
- worries that seem out of proportion.

Other signs can include:

- being unable to relax
- avoiding people or places like school or parties
- withdrawing from family and friends
- feeling annoyed, irritated or restless
- difficulty getting to sleep at night or waking up a lot during the night.



trends we're seeing

what is anxiety & the effects on mental health

What can I do to manage anxiety?

There are plenty of ways to manage your anxiety so that it doesn't get in the way of your daily life.

Care for yourself

Managing anxiety starts with good self-care. Try to eat well, get enough sleep and stay active to help your overall mental health and wellbeing. You can also learn about stress and explore different ways you can manage it.

Talk about it

It's a good idea to talk about how you're feeling – whether it's with your family, friends, a teacher, coach, your mob or Elders. They can support you, help you understand what's going on, stick to your self-care goals and get extra help if needed.

Notice your thinking patterns

Being aware of how your thoughts can influence your anxiety is an important step towards managing it. It can help you understand what contributes to your anxiety and what your triggers are. This can help you to handle them differently and learn new ways to respond. Learn more about unhelpful thoughts.

Be aware of avoidance

It's normal to want to avoid situations that make you feel anxious. It might work in the short-term, but over time it can make your anxiety feel worse.

This is because you don't get the opportunity to learn that the thing you fear may not happen or be as bad as you think.

Learn some skills to cope with anxiety, like helpful self-talk and relaxation, then gradually face the things you fear and put your skills into action. As you realise you can manage anxious situations, you'll become more confident and motivated to keep it up. Learn more about avoidance.



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january recap

dungeons and dragons: the summer campaign

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

armidale family wellness and connection festival



headspace armidale was proud to
take part in Centacare's inaugural
Armidale Family Wellness and
Connection Festival.

lead by Centacare's Georgia, the day
was a great celebration of Armidale's
families and communities,
showcasing a wide array of local
services and organisations