



headspace
Armidale

august newsletter

everything going on with our centre
and the community at large



headspace

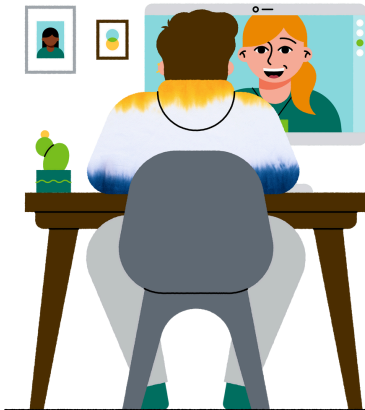
Armidale details

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

Bronte (she/her)
Community Engagement and Development
Officer of headspace Armidale

How long you've been with headspace
Armidale: 5 months

Your favourite part of the job/centre: the team is
great, but it's also amazing to go out in
community and chat to everyone

What do you do in your free time: i love hanging
out with friends and reading.

What's your favourite music artist: i am loving
Hozier



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August updates

youth reference group

The Youth Reference Group is busy planning and preparing for their Halloween with headspace event. Celebrate Halloween with us! More details to come!



our waitlist

We are currently experiencing a waitlist of between 2 and 4 weeks. Please complete the referral form, and a member of our team will reach out shortly to arrange your first appointment.

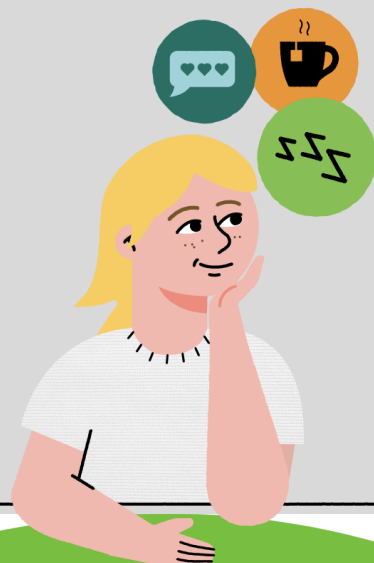


your thoughts

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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September Calendar



DnD group

we're opening up expressions of interest for a Dungeons and Dragons Group, for Wednesday nights, 4pm - 7pm, beginning in late October.

Complete the form if you're interested!
<https://forms.gle/B5sPfRSQV99hnmkE8>



youth reference group

The Youth Reference Group will next on Tuesday September 17, at 4pm. Please complete this QR if you'd like to join us!

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R U Ok Day

headspace Armidale is marking R U OK Day with a free community BBQ for Armidale.

Thursday September 12
12pm - 1pm
in the Armidale Mall

day in the dale

Celebrate NAIDOC Week in Armidale Region, and this year's theme 'Keep the Fire Burning! Blak, Loud and Proud!'

Join us at the Aboriginal Cultural Centre and Keeping Place for entertainment (headlined by much-loved local band Terra Firma!), as well as an open mic, cultural activities and a FREE BBQ!



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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](#)



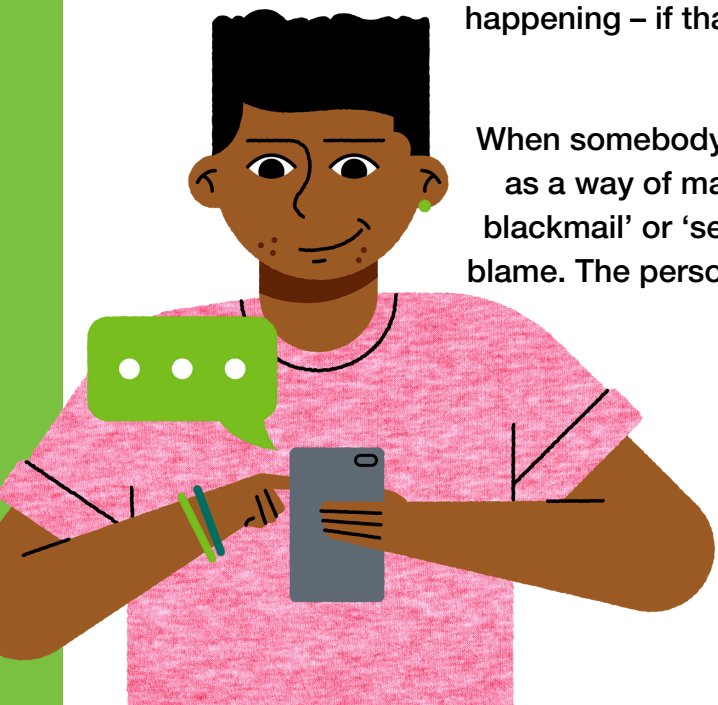
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trends we're seeing

understanding sexual extortion over nude images

Sextortion or sexual blackmail is a problem affecting lots of young people in Australia – especially young men. It can feel scary if you are being sextorted, and we want you to know you're not alone.

Because sextortion may make you feel things like shame and fear, we have put together some information to help you get some support and report what is happening – if that's what you choose to do.



What is sextortion?

When somebody threatens to share a sexual picture or video of you as a way of making you do what they want, this is called 'sexual blackmail' or 'sextortion'. If this is happening to you, you are not to blame. The person or people who are doing this are in the wrong and breaking the law.

The person who is threatening you might be somebody using a fake online account, someone you know, or a person you met online. In Australia, it's common for the person who is threatening you to be part of a group of people who are working together to break the law by scaring you into giving them money.

The people who do this are very good at tricking others so if you feel foolish for believing what they say, there's no shame in this and it's not your fault.

Some examples of sextortion might include things like:

- Somebody using a fake online account keeps sending you threatening messages saying they will share your sexual pictures if you don't send them money, gift cards, or gaming credits
- A person you sent photos to in the past threatens to share them with your family or friends if you don't send them more pictures
- Somebody you met online tells you they have sexual photos or videos of you that they will share with others unless you do what they say



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Sometimes sextortion happens as part of intimate partner violence, cyberbullying, child abuse, or other kinds of image-based abuse. If someone is doing this to you, there are things that you can do to get support with what's going on.



What are the warning signs?

Everyone's experience of sextortion is different but some things to look out for are feeling pressured, tricked or made to feel bad about yourself if you don't share your sexual photos or videos. If you're not sure whether you're experiencing sextortion, but something doesn't feel quite right, it's best to trust your gut feeling, take a break from the chat, and talk to somebody you trust about what's going on.

What's the difference between sexting and sextortion?

It's ok to be curious about sexting, and if you're trying to figure out whether it's right for you, it can be helpful to learn more about the law surrounding sexting. You can check out [Youth Law Australia](#) to find out more.

Sexting with a person you trust can be a positive experience however sextortion is different because it involves feeling pressured to do something by somebody who is threatening to share your pictures without your consent.

What if I shared my picture with them in the first place?

Some young people feel worried that they are to blame for sextortion because they might have initially shared their picture or video with the person who is threatening them. We should be able to trust people to keep our images private and often people who threaten to share them might say and do things to make you feel like you can trust them initially. Then once they have gained your trust, they use this power to try and control you. This can feel distressing and it's important to know it's not your fault. Sextortion is a crime and it's never ok for somebody to threaten to share your images without your consent.

How common is sextortion?

Sadly, the rates of sexual blackmail have been going up and a survey of people aged 12-17 found that around 1 in 20 young people had experienced sextortion. In Australia, 76% of sexual blackmail reports received in 2021-2022 were made by young men aged 18 to 24. However, sextortion can happen to anyone, and there's support on your side to help.

trends we're seeing

understanding sexual extortion over nude images

What are the effects of sextortion?

- Some people who experience sextortion describe things like:
 - Feeling scared, anxious, or trapped
 - Having negative thoughts about themselves, including self-blame
- Some people who experience sextortion describe things like:
 - Feeling scared, anxious, or trapped
 - Having negative thoughts about themselves, including self-blame
 - Feeling angry with the person who is threatening them
 - Feeling shame, embarrassment, or pressure to keep it a secret
 - Worrying about other people finding out and finding it tough to trust others
 - Having a hard time doing the things they usually do, like working or studying, hanging out with friends, or spending time online



The stress of sextortion can have a big impact on your mental health and some young people might experience thoughts of self-harm or suicide.

This is a scary space to be in and often it's our minds ways of telling us that we're overwhelmed and that we need support to help us to cope.

If you've noticed thoughts of self-harm or suicide, it's important to reach out for support. If you don't feel ready to talk to somebody you know, there are lots of free, confidential support services that can help.

How long does sextortion last?

Everyone's experience is different so it's hard to know how long sextortion will last. Although it might feel like you can stop sextortion by sending the person money or doing what they say, often this doesn't work. It can help to talk to someone you trust and report what's happening as early as you can.

How to look after yourself

If sextortion is happening to you, there are things you can do support your mental health like keeping a routine, getting good sleep, and staying connected with supportive family and friends. If you'd like to learn more about ways you can look after yourself, you can check out our [7 tips to a healthy headspace](#).

August recap

Love Bites at Armidale Secondary College



during the month of August, headspace Armidale attended and helped facilitate Love Bites sessions with Year 7 and Year 8 at Armidale Secondary Student.

The Love Bites program is an endorsed program to promote healthy relationships with oneself and others.

Wear It Purple day

this Wear It Purple Day, the headspace Armidale celebrated by wearing our best, brightest and biggest purple outfits, to mark our commitment to the LGBTIQ+ community.

By wearing purple, headspace Armidale demonstrates to LGBTIQ+ young people that they are celebrated and respected, acknowledging all have the right to be proud of who they are and who they are becoming.

Originally founded by students in response to global stories of teenagers taking their own lives due to bullying and harassment, Wear it Purple Day has become an international movement of love and support.

