



# **november 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: Louise (she/her)

Clinical Lead

How long you've been with headspace Armidale:

Five years

Your favourite part of the job/centre: The headspace team and the young people we support, their resilience and growth.

What do you do in your free time (hobbies, sport, etc):  
Listen to music, read, watch movies (thrillers/horror).

What's your favourite music artist: Don't have a favourite music artist.....love all types.

Your favourite holiday destination: Scotland



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# december updates

## youth reference group

The Youth Reference Group is closing up for the christmas break, with our final meeting for 2025 being a calm pizza party



## 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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# December Calendar

## youth reference group

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



## christmas closure

We'll be taking a little break to recharge the batteries over the  
holiday period.

We'll be closed on 25 and 26 December 2024 and 1 January  
2025.

And outside of these days, our phones will be on!

Also during this time, you can speak to someone 1-on-1 via  
online chat, email or over the phone at [eheadspace.org.au](https://eheadspace.org.au) or  
1800 650 890.

The team at headspace armidale wish you a safe and happy  
holiday period!



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# 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 15!

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

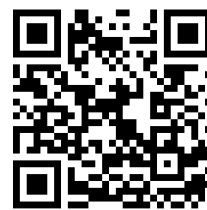
have you ever wanted to learn how to run your own Dungeons and Dragons campaign??

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

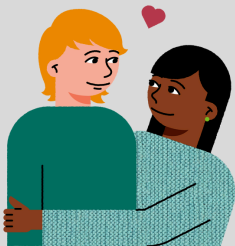
Snacks provided so register now!



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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

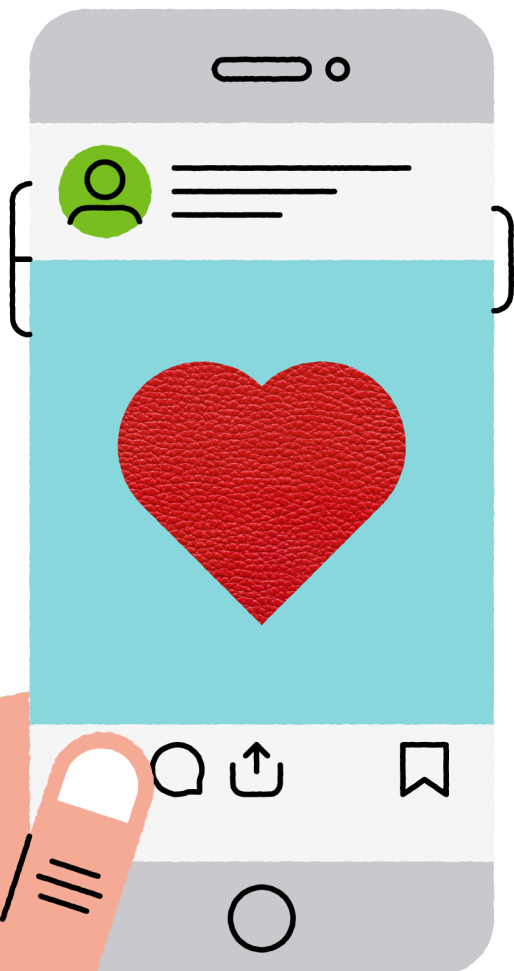
## The Social Media Ban: Staying informed

What do we know about the social media ban? Who's affected, when might it happen and how will it work? Let's break it down and explore what it means for you.

Social media is always a lively topic of discussion. There's no doubt that for many of us, social media has become integrated into our daily lives. It provides us with laughs, inspiration, connection, but it also comes with some of the tougher stuff like bullying or content we might not have wanted to see.

The Federal Government's social media ban may come as a relief for many parents/carers who have been concerned about the impact of social media on their children and young people.

However as a young person you may be feeling upset, worried, or angry about these changes. You might also have a lot of questions about how it will all work. On this page, we've put together everything you need to know and how you can support yourself or your friends if this discussion and issue is having an impact.



### What are the facts? Social media ban FAQs

*Please note: the conversation around the social media ban is evolving and this page will be updated to reflect new updates as they are available.*

#### What is the social media ban?

The Government has legislated that people under the age of 16 will not be able to sign up for social media accounts. To do so will be against the law.

#### Why are they doing this?

The Government have said they are introducing the ban due to their concerns about the negative impact of social media on young people, in particular on their mental health and wellbeing.

#### Who does the ban apply to?

The legislation will apply to people under the age of 16 years in Australia at the time the legislation comes into effect.

# trends we're seeing

## The Social Media Ban: Staying informed

### **When will it happen?**

We aren't sure yet, but it will be at least a year on from when the legislation was passed. Because Parliament passed the legislation in November 2024, the ban itself won't come into effect until at least December 2025.

### **Can't I just get my parent's consent?**

No, parents (or other guardians) won't be able to give their consent for their young people to access social media before they are 16 years of age.

### **If I already have an account, will I be kicked off?**

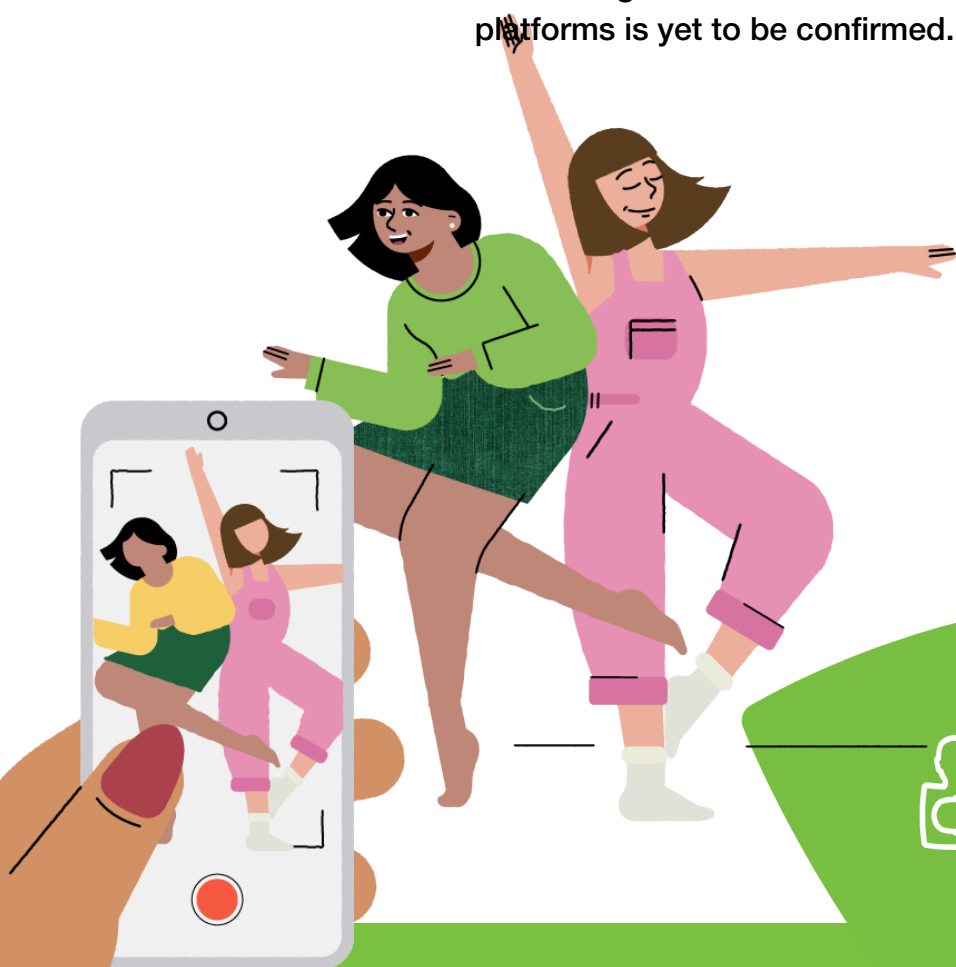
Even if you already have accounts, after the ban come into effect, anyone under 16 will not be allowed on certain social media platforms.

### **What platforms are being banned?**

While the specifics are still being confirmed, the ban is expected to impact most of the major platforms like Snapchat, TikTok, Instagram, Facebook, and X.

### **What are these exemptions I hear about?**

The Government has said that 'education and health' services (like headspace, Kids Helpline and Google Classroom) will be exempt, as well as messaging apps and online gaming services. YouTube will still also be accessible, because users can watch videos without first creating an account. However, the full list of exempted platforms is yet to be confirmed.



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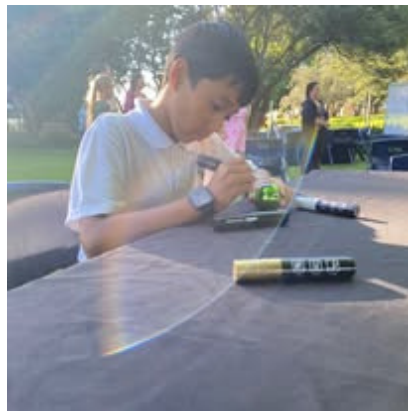


# november recap

## festive flicks at UNE

the headspace Armidale team attended the University of New England's Festive Flicks event last Friday evening. it was great to see the Armidale community embracing the festive spirit, with Santa making a guest appearance with the Armidale Fire Brigade.

thank you to UNE for inviting us and our bauble decorating workshop, perfect for Christmas tree decorating



## armajun open day

headspace Armidale celebrated the Opening of Armajun Aboriginal Health Service Armidale in November.

it is great to have this service in our region, servicing the community and providing remarkable health care and support.

