



october newsletter

everything going on with our centre
and the community at large

headspace

Armidale details

referrals

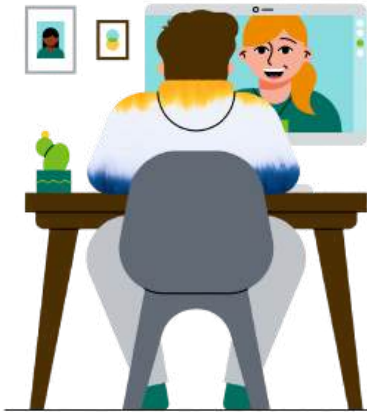
We provide free services for young people aged 12-25 years. Anyone can make a referral including self-referral, family, friends, service providers and health professionals. Referrals can be made in person, by phone, in writing (email, fax, letter) or online.

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 eheadspace: 1800 650 890 or eheadspace.org.au



meet the team

Your name: Shannon (she/her)

Youth Care Coordinator

How long you've been with headspace Armidale:

Since June 2024, so four months, but I was previously a Social Work student at headspace. I circled back to the organisation!

Your favourite part of the job/centre: Having an unlimited supply of chocolate on standby (courtesy of my awesome colleagues). Everyone here is so supportive, they're great!

What do you do in your free time (hobbies, sport, etc):

Binge-watching tv is my go-to but I'm working on that! I enjoy Pilates, playing social sports and bush walking (all of which are better spent with friends). In my down time I colour in, read books, and listen to music or podcasts (open to recommendations).



September 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 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!

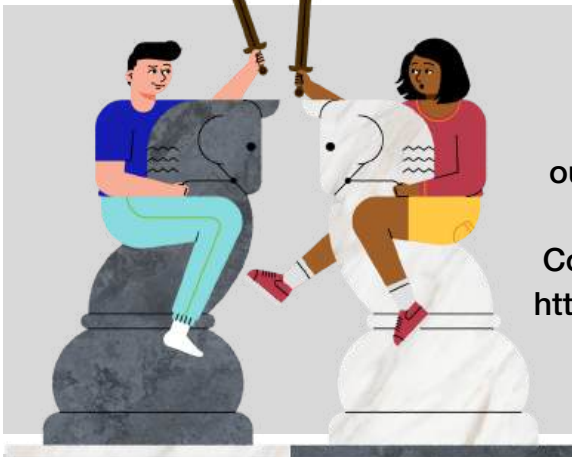


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November Calendar



DnD group

our dungeons and dragons group has started, but it's not too late to join!
Complete the form if you're interested!
<https://forms.gle/B5sPfRSQV99hnmkE8>



youth reference group

The Youth Reference Group will next on Tuesday November 12 at 4pm.
Please complete this QR if you'd like to join us!

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study space

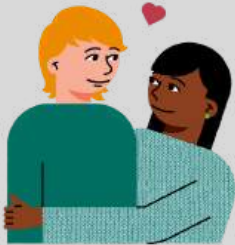
study space is open to all young peoples aged 12 to 25, on tuesday afternoons, as a space to come together and study.
snacks and coffee will be provided!
tuesday afternoons, 3.30pm to 5pm.



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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](#)

trends we're seeing

how to prepare for exams and studying

To help reduce stress and be as ready for the exam as you can be, learn more about planning, prioritising, looking after yourself and staying focused. You've got this!

Top tips for studying for exams

Take the time to plan

- Prepare a study plan for the day, keeping in mind your weekly goal/s. Make sure it realistically reflects what needs to be done, and is balanced with other important things in your life (such as work, fun, entertainment, and social activities) - that way it will be easier to stick to.
- Be flexible with your study plan by allocating extra time to catch-up on any incomplete study or tasks – sometimes things will come up unexpectedly or take longer than you thought they would. Building a study plan that works for you can take some trial and error.
- Make sure to include regular breaks in your planning, even if it's just 5-10 minutes to stretch or grab a snack.
- Create a study space that is comfortable, well lit, organised, and fits your needs to help you focus. Make sure you have everything you need for each study session as this can help you to feel more prepared and organised.
- It could be helpful to use a timetable or an [online study planner](#) to map out what's coming up and start to prioritise from there.

Prioritise

- When prioritising, consider all your responsibilities and determine what can be put to the side for now, or what can be rescheduled.
- Make sure you consider how long certain tasks could take, as this will help you plan and prioritise better.
- Be realistic about what days/times you can study and how long you can study for. Remember to not do too much at once as this could make things feel overwhelming.



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trends we're seeing

how to prepare for exams and studying

Study with peers/friends

- Two heads (or more!) are sometimes better than one for certain tasks. Studying with peers or friends is a great opportunity to discuss, challenge each other, and perhaps more importantly, to keep each other motivated. This technique can be particularly helpful if you're all studying the same thing and have agreed on what is to be discussed during the study session. It's important to note that this may not work for everyone though, and some people might find working with others more distracting.
- If you're studying online, don't be afraid to use the online discussion forums. Be brave and post your question, because if you're thinking it, somebody else probably is too!

Look after yourself and take breaks when you need to

Self-care doesn't need to be fancy or complicated, it can be anything that helps your mental or physical wellbeing – and it's especially important in helping you recharge during stressful times.

- Organise activities that you enjoy into your study plan as this will help refresh your mind after a long study session.
- When you eat things that fuel your body, it helps your mind too. Consider grabbing some healthy snacks to get you through your study period.
- Staying active can also help you to keep focused and energetic. For example, you could try going for walks, organising a gym session (possibly with friends) or stretching.
- Don't study for too long without a short break. 40-60 minutes of study then taking a 5–10-minute break is a good place to start but play around with these timeframes and see what works best for you.



October recap

headspace Armidale: Roadshow



October recap

Mental Health Month



October recap

halloween with headspace



calling all youth artists!

your design
here!

the Armidale/Uralla
Elders are looking for
you to design their
2025 Elders
Olympics Uniform!



the elders instructions:

1. entrants must be between the ages of 12 and 25, and live in the New England Region
2. Using bright New England colours
3. Mentions 'Anaiwan'
4. Depicts an Echidna
5. Send your submission through by 8 November to b.hodge@centacarenenw.com.au

To participate in the Elders x headspace Armidale Uniform Design Competition, entrants will need to abide by the following terms and conditions.

1. Submissions close at midnight on the 20th of October 2024.
2. Your submission must be your own work.
3. The Elders will critique all art to determine who's design will be printed on their 2025 Elders Olympics Uniform.
4. You must create a new submission for this contest. Submissions to this competition cannot have been previously exhibited in another competition.
5. headspace Armidale and the Armidale/Uralla Elders reserves the right to use photos of submissions for advertising, marketing, and promotional purposes. This may include, but is not limited to photos of artworks, news stories, media coverage, videos, marketing material, website, and publications.
6. Artworks must not include promotional material. This includes logos, branding, or other forms of visual advertising. Works that contain promotional material may be disqualified.
7. headspace Armidale is an inclusive organisation. Submissions that include ableist, sexist, racist, homophobic, or hateful content will not be considered.
8. Works including profanity, profane items, or profane imagery will not be considered.
9. headspace Armidale and the Armidale/Uralla Elders reserves the right to postpone or cancel the competition if necessary.
10. Once a piece of artwork is given to headspace Armidale and the Armidale/Uralla Elders, it will be property of headspace Armidale and the Armidale/Uralla Elders.
11. Completion of the Submission Form indicates permission for images to be reproduced by headspace Armidale and the Armidale/Uralla Elders for promotional purposes. This includes future promotion of the shirt competition as well as promoting the many ways headspace Armidale and the Armidale/Uralla Elders supports our community.

