



september newsletter

everything going on with our centre
and the community at large

headspace

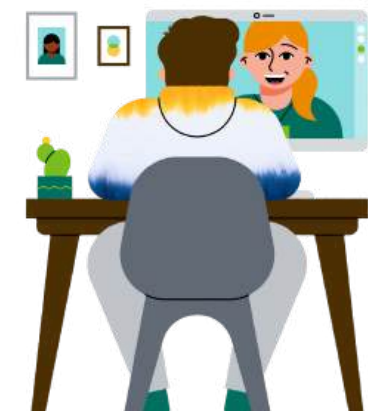
Armidale details

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 eheadspace: 1800 650 890 or eheadspace.org.au

meet the team

Jess (she/her)
Psychologist and Clinical Educator of
headspace Armidale

How long you've been with headspace
Armidale: Since July 2020

Your favourite part of the job/centre: Getting to
meet and work with so many inspiring young
people! I'd also say the team at headspace
Armidale are the best 😊

What do you do in your free time: Going for
hikes & bushwalks – there's so many beautiful
national and state parks around Armidale.

What's your favourite music artist: I don't have
a favourite artist. I'll listen to most things,
although I prefer Australian Indie/Rock.



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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headspace
Armidale

October 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 Monday October 14 at 4pm. Please complete this QR if you'd like to join us!

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art group

headspace Armidale is excited to launch a therapeutic art group for term 4!

Complete the expressions of interest form here!



green scene cinema

Celebrate headspace Day with us, at our free community outdoor cinema!

Curtis Park

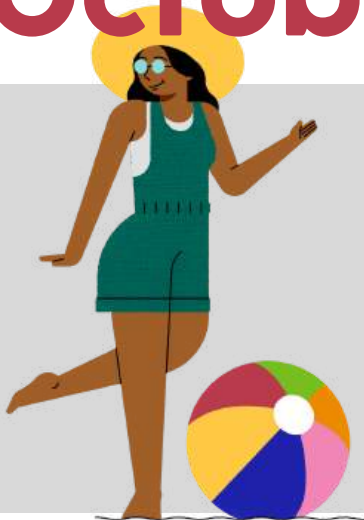
Friday October 4 from 4pm till 8pm

fun, activities, food!



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October Calendar



roadshow: Glen Innes

October 1, from 10-2!

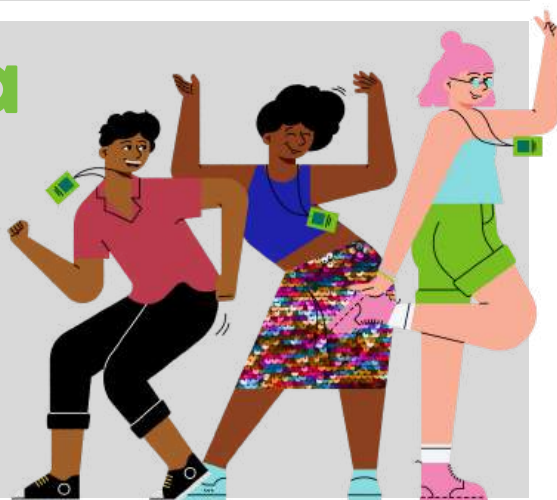
headspace Armidale is sponsoring the entry of 40 young people aged 12 to 25, into the Glen Innes Pool.

Lunch will be provided by The Youth Booth and Glen Innes Severn Council.

roadshow: Walcha

October 2, from 10-2!

headspace Armidale are parking up at Walcha's McHattan Park for a day of fun in the sun!



roadshow: Guyra



October 10, from 12-4!

headspace Armidale is sponsoring the entry of 40 young people aged 12 to 25, into the Guyra Pool.

headspace Day

Celebrate headspace Day with our youth open day at our centre!

October 9, from 10-2.30

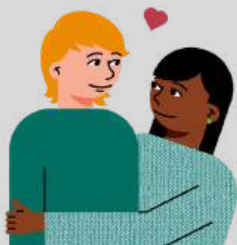
Activities include painting, e-games and cookie decorating competition!

Register interest here!



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.



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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.



[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 young people and vaping: what you need to know

Regardless of if you're for it or against it, vaping is a very real part of our lives. Recent changes to legislation mean that you can no longer legally gain access to vapes without a prescription, and conversations around health risks, going cold turkey and addiction are all around us. But there are also mental health impacts associated with vaping. So, what are they? And what exactly is the low down on how to quit? Don't worry, we've got the facts for you!

so what exactly is vaping?

Vaping is when you breathe in a mist made by an electronic device called a vape or e-cigarette. These vapes have batteries inside that heat up liquid to make the mist you breathe in. The mist usually has nicotine, chemicals that aren't good for you, and flavours. Even vapes that say they're nicotine-free can still have nicotine in them. Some vapes you can use once and throw away when they're empty or the battery dies. Others you can refill and use again. Some people buy pre-filled cartridges or bottles of liquid to refill their vapes.

What are the effects of vaping?

The aerosol or mist that is breathed in often contains nicotine, a stimulant drug.

Nicotine speeds up your brain and central nervous system and makes you feel like you have more energy. It can also affect the brain so that you feel "good" after vaping. You might be thinking "well that doesn't sound too bad", but there are serious health risks associated with nicotine and vaping:

- **Addiction:** most vapes contain nicotine, a drug that's highly addictive. This may make it hard to stop vaping. You don't have to vape every day to get addicted.



trends we're seeing young people and vaping: what you need to know

- Anxiety and depression: Nicotine can make anxiety and depression worse. It also affects memory, concentration, self-control and attention, especially in developing brains.
- Sexual health challenges: there is some evidence to suggest that vaping can cause sexual dysfunction in men.
- Sleep problems: vaping with its nicotine might make it harder to fall or stay asleep.
- Exposure to cancer-causing chemicals: vaping may contain chemicals that are known to cause cancer, but the full extent of the risks is still being studied.
- Lung damage: vaping can harm your lungs by causing irritation, inflammation, and damage to lung tissue, leading to breathing problems and increasing the risk of lung diseases. It's also probable that vaping causes other effects on our health that we don't know about yet. Vaping hasn't been around that long so not all the health risks are known.

how do vapes affect my mental health?

Vaping can impact mental health in various ways, like feeling pressured by friends to vape and worrying about fitting in with what's seen as normal. Some people start vaping to cope with stress or anxiety, but it can actually make these feelings worse over time. Getting hooked on vaping, particularly if it involves nicotine, may lead to moodiness or trouble focusing when trying to quit. Also, seeing posts on social media that portray vaping as cool or trendy might make someone feel inadequate if they don't fit that image. So, vaping doesn't just affect the body—it can also influence how we feel about ourselves and our connections with others.

Reasons to quit vaping?

- Improve your health: Quitting may help prevent future addiction to nicotine and other drugs. It may also reduce the effect of chemicals on the growing brain and the risk of cancer and lung disease.
- Improve your wellbeing: Quitting can help improve your mood, help you focus when learning and may reduce the risk of challenges like managing impulses in the future.
- Financial impact: Vaping can be costly over time, and quitting could free up funds for other necessities or enjoyable activities.
- Physical activity: Vaping may lead to lung inflammation, making it more challenging to excel in sports or engage in physical activities.
- Harmful chemicals: Vape liquids often contain harmful chemicals, posing risks to both users, their lungs, and the environment when exhaled.



September recap

day in the dale



headspace Armidale attended Day in the Dale celebrations at the Aboriginal Cultural Centre and Keeping Place on September 6. Celebrating and marking Armidale's NAIDOC Week.

R U Ok Day

to mark R U Ok Day, headspace Armidale and Centacare NENW joined forces to host a free community BBQ in the Armidale Mall.

Giving out over 100 sausages to community members, we engaged in meaningful and thought-provoking discussions and shared mental health literacy, learnings and contacts for local organisations that can help individuals.



September recap

World Suicide Prevention Walk



our headspace Armidale and Centacare NENW teams attended the World Suicide Prevention Day Walk with Lifeline, completing nine laps of Lambert Park for the nine lives lost to suicide each day in Australia.

Suicide is the leading cause of death for individuals aged 15 to 45, with 78% of deaths by suicide being from males.

And headspace Armidale and Lifeline New England North West are two cogs in a machine supporting the lives and mental wellbeing of our community, so if yourself or a person close to you is struggling, seek us or another organisation in our region, and get the help you deserve.

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 20 October 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.

