



mental health matters

february newsletter

How special is Summer in the Bega Valley and the Snowy Monaro?! This season is a great time to pause and check with how we feel. Looking after our mental health isn't something we only do when things feel hard; it's also about checking in, enjoying what's around us, and giving ourselves permission to rest and reset.

Mental health is part of everyday life, just like physical health. Some days we feel energised and connected, other days flat or overwhelmed — and all of that is completely normal. Taking small steps, like talking to someone you trust, getting enough sleep, or spending a few quiet moments doing something you enjoy, can make a real difference. You don't need to have everything figured out to deserve support.

Summer offers simple opportunities to care for ourselves. Whether it's a swim, a walk in the evening air, listening to music in the shade, or just slowing down for an ice-cold drink, these moments matter. As the season continues, let's normalise looking after our

mental health, staying connected, and appreciating the little things that help us feel grounded and supported.

headspace Bega is committed to providing quality Mental Health, Alcohol and other Drugs, Sexual and Physical health and Vocational support services to young people aged 12 – 25. We also offer support to their family and friends.

There is no charge for any of our service streams, but we do encourage getting a Mental Health Treatment Plan from a GP before accessing the service.

Our service operates out of our Bega Hub which has full disability access, we also offer outpost services to Eden and Cooma, and often provide outreach to schools across the Bega Valley and Snowy Monaro regions.

Thank you for being a part of our community, and don't forget to take care of yourself!
With warmth and support,
headspace Bega

A reminder to you all about what we have on offer here at headspace:

One-on-One support

If you're feeling stuck or just need someone to talk to, our team is here for you. Our counsellors are warm, friendly, and completely non-judgmental. Whether you need help navigating stress, managing big feelings, or just want to chat, we've got your back. You can opt for face to face, or online. Whatever works for you.

Work and Study

Did you know headspace also has a work and study support program? If you are feeling like you are ready for this chapter but need a bit of support to get you going, we have an awesome crew to help get you on your feet. Whether it be tailoring your resume, finding out about local opportunities, or getting a boost of confidence, we can help!

Family clinician

We also have a family clinician. You can

attend sessions with your young person or your whole family. The clinician helps families manage dynamics, improve communication, and develop effective coping strategies to support your young person's mental wellbeing. Their role extends to supporting parents and carers, helping you understand your young person's challenges and empowering all involved by providing appropriate support. Because sometimes it takes a team!

Peer Worker support

Sometimes it helps to know you're not alone. Our peer workers who have their own lived experiences of managing mental health are also here to work with you. These sessions offer a chance to talk, share experiences, and support each other in a relaxed, informal setting.

Online support: eheadspace.org.au

Sometimes, you might need support on your own time. Our online resources are always available for when you need them most. You can keep track of your own mental health journey as well as get some great hacks to chill when you need to. Check out eheadspace.org.au

Why it matters: Everyone's mental health is important, and that includes you! We understand that sometimes, things feel heavy. But remember, you don't have to go through it alone. It's completely okay to ask for help – in fact, it's one of the strongest things you can do. Our goal is to help you feel supported, understood, and empowered to take on whatever life throws your way.



Wanna make an appointment?

**You can reach us here or call on
1800 959 844**

Days to remember in February:

13th- Anniversary of the Apology to members of the Stolen Generations

13th- Sydney Mardi Gras kicks off

16th- Ramadan starts

17th- Lunar New Year begins

17th- Random Acts of Kindness Day

20th- World Day of Social Justice

Feb 21st- Festival of the Dad, Ford Park, Merimbula 11-5pm

CELEBRATE DADS, CONNECT FAMILIES, AND BUILD A STRONGER BEGA VALLEY. JOIN US IN RAISING AWARENESS, REDUCING ISOLATION, AND PROMOTING RESPECTFUL RELATIONSHIPS – TOGETHER. THIS IS A FREE EVENT FOR ALL THE COMMUNITY!

FESTIVAL OF THE DAD

**FORD PARK, MERIMBULA
11AM - 5PM, SATURDAY**

NEW DATE!!! 21st FEB 2026

PROUDLY BROUGHT TO YOU BY

Logans Professional Services FRRR

DRUG & ALCOHOL FREE EVENT • MUSIC FROM GEESE FLY SOUTH, THE BANANA PEEL SLIDERS & THE BEGA SOUND COLLECTIVE • LOCAL FOOD VENDORS • DAVE'S CAVE, A FORUM FOR MEANINGFUL CONVERSATIONS • INFO FROM LOCAL COMMUNITY SERVICES • GAMES & ACTIVITIES FOR ALL THE FAMILY!

BECA YOUTH POP UP

DO YOU NEED HELP WITH:
EDUCATION, EMPLOYMENT, CENTRELINK, DRUG AND ALCOHOL USE, HOUSING, MENTAL HEALTH (OR ANYTHING ELSE) AND NOT SURE WHERE TO GET IT? COME SEE US!

OR JUST COME HANG OUT!

**BECA VILLAGE CENTRE
NEXT TO BIG W**

EVERY TUESDAY 2:30 - 4:30

**CAMPBELL PAGE - HEADSPACE -
SHAW'S/DIRECTIONS HEALTH - SEWACS -
ENTERPRISE PLUS - NSW GOV AND MORE**

FOR MORE INFO CALL

0427 469 002

Young Mum's Collective

A FREE, SUPPORTIVE BABY GROUP FOR YOUNG MUMS

JOIN US FOR LUNCH, A
PLAY AND A CHAT ABOUT
ALL THINGS

Mondays 11AM-1:30PM

BECA WOMEN'S RESOURCE CENTRE
14 PEDEN STREET BEGA

To find out more
contact Carrie on
0407886921
or Karen
0490536778
karen@swg.org.au



Proudly supported by funding from the Mercy Foundation

Exciting news! Grow the Future have just opened EOI's for their next intake of the Grow the Future Training Certificate, which will kick off on March 4, and run every Wednesday from 9am-3pm until June.

The program is free for 15–24-year-olds who aren't enrolled in school or other study, and its designed for young people who want to get skills, experience, qualifications and connections in all thing's plants, landscape management, work skills, ecosystem rehabilitation and growing food.

This will be the 5th time running the program, which has become a really great way for young people to build their skills and experience before going on to whatever is next for them. It's a super great opportunity to be in a cool space,

join an awesome community and a great group of young people.

An information and enrolment session is happening Wednesday February 28.

For more info hit up Cal on 0435769050 or at cal@growthefuture.com.au or Vanessa on 0432 581 863 or at vanessa@growthefuture.com.au

FOR 15 - 24 YEAR OLDS WHO ARE NOT IN SCHOOL, AND LIKE TO LEARN IN A HANDS-ON WAY!

Grow the Future Training Certificate

Autumn intake

Skills, knowledge, experiences and connections to grow your future

 Grow the Future
20 Auckland Street Bega

 Every Wednesday
from 9am until 3pm
starting March 4, and running for 16 weeks

PLANT IDENTIFICATION - PROPOGATING PLANTS - EROSION AND SEDIMENT CONROL - WORK, HEALTH & SAFETY - CARING FOR NATURAL ECOSYSTEMS - GROWING VEGETABLES AND HERBS - TREATING WEEDS - PLANTING PRACTICES



Meet Morgannah

Morgannah is doing her student placement whilst studying Psychology and we are so excited to have her here!

What made you want to study Psychology?

I didn't initially; I was more interested in rocks and finding the next dinosaur, I honestly thought I would become a famous paleontologist or geologist. However, as I got older I noticed patterns in people and myself, undeniable struggles and pain that never seemed to heal or resolve. It motivated me towards psychology in my early 20's to learn how to best be there for others and also myself. Now I'm 32 and I can't imagine doing anything else.

What makes Psychology interesting to you?

I am particularly drawn to the holistic nature of psychological understanding—how personality, lived experience, unconscious processes, and meaning-making interact rather than exist in isolation.

My interests extend into archetypes, symbolism, and the ways internal narratives shape perception and behavior, just as external environments and relationships shape the inner world. Psychology offers a framework for understanding this reciprocal relationship between the world within and the world outside. It sits at the intersection of science and meaning, allowing both empiricism and interpretive depth, which is what continues to sustain my curiosity and commitment to the field.

What's a great piece of life advice you have received?

The one that sticks out amongst the many, is definitely what you put out, you will receive. The environment, people and ourselves are feedback loops.

What's the best part about living in the Bega Valley?

It's quiet and it's beautiful.



January was a massive one for us! We partnered up to have a space at Song for Bob, an incredible community fundraiser for RUOK, as well as the perfect space to watch ace music and spend time with people in our community. Shout out to Jay Harris, Lillian McVeity, Sam Rees, Glenn Cotter from RUOK, all the incredible musicians, and their amazing crew of vollies who make this incredible day happen!

We also hosted an awesome pool party at Eden pool, which was funded from an incredible donation from a local legend Axl Arens, a young person from Merimbula who made tons of lemonade (delicious lemonade we should add!), sold it at Wanderer and donated the profits to us at headspace Bega! What an absolute boss! Shout out as well to our awesome DJ's Kailani and Amber who brought the tunes!

We also partnered up with the Wonderwalls crew who put on a fabulous free festival for young people in Bega, where we learnt to do some really cool street art and and created some awesome art at Bega Skate Park. Shout out to the pocket rocket Cayce Hill, representing the Australian Drug Foundation (ADF) to get this happening!







headspace acknowledges Aboriginal and Torres Strait Islander peoples as Australia's First People and Traditional Custodians. We value their cultures, identities, and continuing connection to country, waters, kin and community.

We pay our respects to Elders and warriors, past, present, and emerging and are committed to making a positive contribution to the wellbeing of Aboriginal and Torres Strait Islander young people, by providing services that are welcoming, safe, culturally appropriate and inclusive.

