

# headspace Bendigo

headspace Bendigo understands the importance of mental health promotion; it improves young people’s mental health literacy, builds resilience and increases help seeking behaviour.

For your convenience we’ve packaged our mental health promotion programs for your selection.

**Packages:**

1. **Basic headspace package** – 60 minute overview of mental health, depression, anxiety and how to seek help.
2. **headspace package** – 80-100 minute overview of mental health, depression, anxiety, self-care and how to seek help.
3. **full headspace package** – 6 week in depth program offering a range of information such as:

* what is mental health
* depression
* anxiety
* sleep
* exercise
* diet

**What is headspace?**

**headspace is the National Youth Mental Health Foundation providing early intervention mental health services to 12-25 year olds, along with assistance in promoting young peoples’ wellbeing.**

**This covers four core areas: mental health, physical health, work and study support and alcohol and other drug services.**

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**how to schedule packages:**

All enquiries should be sent through to [headspace@bchs.com.au](mailto:headspace@bchs.com.au) or call headspace Bendigo on (03) 54 345 345 – ask to speak to Community Development Worker, Ben Keath.

**Basic headspace Package**

session time: 60-80 minutes

**more information:**

**Feedback:**

**To improve overall quality of sessions, feedback from students and school staff is highly encouraged.**

**Cost:**

**all sessions are free of charge.**

**Donations:**

**headspace Bendigo welcomes donations made from school fundraisers. Contact headspace Bendigo at** [**headspace@bchs.com.au**](mailto:headspace@bchs.com.au) **for more information.**

ideal for: 10-200+ people

covers:

* Overview of mental health
* Depression
* Anxiety
* how to access headspace services

**headspace package**

session time: 80-100 minutes

ideal for: 10-200+ people

covers:

* Overview of mental health
* Depression
* Anxiety
* Tips for a healthy headspace
* how to access headspace services

**Full headspace package**

session time: 60 minutes over a 6 week period

ideal for: class room sizes

covers:

* in depth session on what is mental health
* Depression
* Anxiety
* Sleep
* Exercise
* Diet

LGBTI Inclusiveness workshops

Our Healthy Equal Youth (HEY) Project worker can deliver workshops on sexuality, intersex and gender diversity. The workshops are interactive with activities and videos to engage students.

Session time: 60 – 90 minutes

Ideal for: Class room size

Covers:

* The differences between biological sex, gender identity and sexual orientation
* Diversity in sexuality and gender identity
* Mental health impacts of homophobia, biphobia and Transphobia
* Ways that students and teachers can be more inclusive of the LGBTI community at individual and whole school levels