

NEWSLETTER



MIND OVER MATTER

Making the most of Work & Study Month

March was the month for road trips thanks to Work and Study month. Dean, Alex and Lara spoke to so many amazing people from schools and workplaces across the region, presenting about headspace services and programs, discussing career pathways, offering tips for managing study-related stress, as well as support and strategies for how to become job ready.

With only half of young Australians feeling confident in applying for a job, and with 1 in 5 families reporting concerns about work and study stress on their young person's mental health, our programs can help with finding a job, building confidence, tailored study support, connecting you with working professionals and helping with placement for a course. Just ask our very own Alex! She shares her own journey to finding the job of her dreams on page 3. We hope you find it inspiring!

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- Welcome to headspace Bendigo's first newsletter
- Alex's journey to a job at headspace
- Our totes deadly partnership with Sportsgirl
- Moni's making the most of her voice as a Youth Ambassador
- The Push Up Challenge is back for another year
- Plus upcoming events, Our Programs and more



Lindsay Rose
headspace Bendigo
Team Manager

YOUR MENTAL HEALTH

Take care of yourself while waiting for your appointment:

- Eat well. Sleep well. Stay active. Reduce alcohol and other drug use.
- Sign up for an eheadspace account (ehespace.org.au) where you can talk to a youth mental health professional 7 days a week from 9am to 1am.
- Talk to trusted adults, family and friends.

If you are in an emergency or need immediate help:

- Call 000

If you need to speak to someone urgently, call:

- Regional Triage
1300 363 788
- Lifeline 13 11 14
- Kids Helpline 1800 551 800
- Suicide Call Back Service
1300 659 467

Welcome, let's thrive in '25!

Hello friends of headspace Bendigo.

I'm excited to write my inaugural newsletter piece, to introduce myself and share a few highlights from our team as we find ourselves already deep into another year of providing service to our community.

I'm a Clinical Mental Health Social Worker who has worked for headspace for over 12 years; in the main at the Bendigo centre, but with a three-year sojourn to Swan Hill before coming back just over five years ago to lead the Bendigo team.

I won't lie and say it's been an easy five plus years (a little pandemic in there), but I honestly couldn't be prouder of the team that I lead or the service that they continue to provide to our community each and every day.

As for 2025 - it's started with a bang and looks like it may be a record year for us in appointments delivered by amazing staff – the community engagement calendar looks busy as well! Some highlights already include seeing our team in action at community engagement events, the IPS Work and Study Collaborative in Melbourne and watching the growth of our Youth Ambassador and Family & Friend reference groups – both groups I am looking forward to working with in the year(s) to come.

Enjoy this update from our team, and enjoy this beautiful autumn season (hopefully it rains soon).

Acknowledgment of Country

headspace would like to acknowledge First Nations people as this continent'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 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.



The universe was listening

by Alex

Here I am, sitting at my desk trying to figure out how to condense 10 years into one article.

As a result of my own mental ill health challenges, I left school halfway through year 12. I completed a bridging course called the Tertiary Enabling Program and began studying a Bachelor of Business majoring in Marketing and Event Management. At 21 I got my first job, and by 24 I was working in middle management at a supermarket. At 26 I finally completed my degree, to prove a point more than anything else. At 26 I was also finally diagnosed with ADHD. At 27 I realised I hated my job. I hated how it made me feel and the impact my position had on my mental health, so I made the decision to resign and return to studying.

I knew I wanted to help people, but I didn't know what that could look like, so I decided to enrol in the Diploma of Community Services at Bendigo TAFE. During my time at TAFE, I was privileged to become one of Bendigo TAFE's first Student Ambassadors, a role intended to provide advocacy and support to TAFE students.

As part of my diploma, I completed 400 hours of student placement, half of which was spent at headspace, supporting the amazing work done by our HEY Diversity and Community Engagement team. During this placement I was able to see firsthand the direct impact I could make in the lives of young people and how, by stepping out of my comfort zone and sharing my lived experiences, I could become a beacon of hope.

The universe must have been listening as not long before my placement at headspace finished, a position at headspace had been advertised, and now here we are.

If you're interested
in our Work and Study
Program contact
IPS@bchs.com.au

As part of Work and Study month our visits to schools and workplaces included:

- Boort District School
- Charlton College
- Rochester Secondary College
- East Loddon P-12 School
- BDAC
- Axis Employment.



Totes deadly

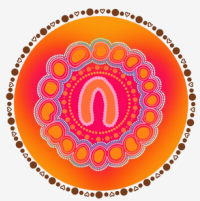
We just couldn't wait to get our hands on the final products of the headspace and Sportsgirl collaboration. These reusable canvas tote bags feature the designs of four young First Nations artists, and we love them!

Find out more about each design and artist below.

Siena Bhuiyan

Where did the inspiration for the artwork come from?

This artwork reflects my feelings of self love but also the journey of finding it as well as knowing my worth. Before, I thought I needed the approval of others because when I thought people did not like me, I did not like myself. Now looking back, I've realised how unfair it was to treat myself so harshly. I've learnt that self love takes time. It also takes the courage to surround yourself with those who appreciate your brilliant mind and beautiful soul.



Tanaya Antony

Where did the inspiration for the artwork come from?

This art is inspired by me being a part of the LGBTIQA+ community and my journey. It's also inspired by my queer friends and their journeys. This piece is about finding love within ourselves, being proud of who we are and finding our community.



Holly Ryan

Where did the inspiration for the artwork come from?

The inspiration for *Empowered* came from my belief that we are constantly reinventing ourselves. I am always trying to improve in every aspect of my life: my self love, my mental and physical wellbeing.

Taking the leap to make changes in our lives may sometimes be difficult, but as a result, we become our best selves, and I think that progress not only empowers others to do the same, but empowers us to keep evolving.



Stefanie Noffke

Where did the inspiration for the artwork come from?

The inspiration came from the moments I've had connecting to country and how it makes me feel like the most beautiful version of myself. To me that is healing. I have such an awe of Banksias and I've wanted to create a piece incorporating them and this was a perfect time to do it, plus adding the other elements of country in there too.



Head to Sportsgirl in Pall Mall or [go online](#) to buy a bag. \$2 from every purchase is donated directly to headspace.





Making the most of her voice

Meet headspace Bendigo Youth Ambassador Moni and find out how she's making the most of the opportunities that are coming her way.

Why did you join Youth Ambassadors (YA)?

As a Health Promotion Officer at Bendigo Community Health Services (BCHS), YA has enhanced my connections with other young people, including the other YA, as well as the headspace team.

Why should others join?

YA are representatives for Greater Bendigo, giving a voice to our youth.

What are some opportunities YA has provided?

- Attending significant events.
- Connecting with headspace workers offering direct support to young people in this region.
- Advocacy has been a key focus, representing youth perspectives and contributing to positive change.

What goals do you have for our community?

I am committed to raising awareness about mental health and encouraging open conversations. I will continue to encourage young people to access headspace Bendigo for support, whether it's for mental health, study, career pathways or joining YA. Thank you, headspace, for giving me these opportunities to thrive. I am forever grateful for everything you have provided to our YA group.

If you would like to join our YA, or if you know someone who would like more information, please email hayleekennedy@bchs.com.au to schedule a meeting.

What have our Youth Ambassadors been up to...



Our YA have already been busy with meetings and planning for the year. Some of the key topics they have discussed so far include:

- Planning around creating a new headspace Bendigo centre video.
- Becoming Suicide Prevention Awareness Network (SPAN) committee members.
- The upcoming Youth Mental Health First Aid training set for later this year.
- Maintaining and caring for our garden space and planning the next batch of produce to utilise in cooking workshops.
- Supporting Moni from BCHS and completing the First Steps marketing campaign feedback.
- Completing headspace National training modules.
- Planning for the headspace Bendigo Achievement Program in collaboration with BCHS.

Schools of thought

headspace information sessions and tours empower students to know where they can turn

Staying engaged with and connected to schools in our community is so important to our team. Not just for the students but for teachers and coaches as well.

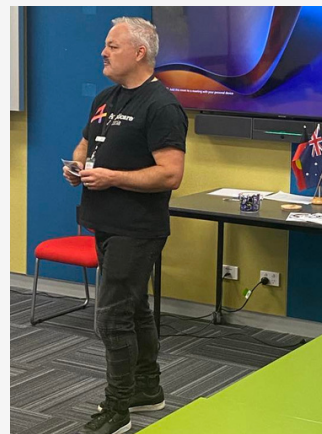
Recently Haylee and Lara (pictured left) provided a headspace information presentation to Year 9 students at Marist College Bendigo. We absolutely loved how engaged and respectful the students were by asking questions and taking in all of the information we delivered.



We also welcomed coaches from Indie College to our Pall Mall centre (pictured left); to meet the team and take a tour of our amazing space. They were very interested in learning more about the referral process and how to access the many services and programs offered in our centre. We look forward to heading to Indie College to introduce our new team members to their school.



Thank you for connecting with headspace Bendigo.



For around 10 years now we have welcomed Year 9 students from Catherine McAuley College Bendigo to participate in our Community Health tours. The tours (pictured above) are an important part of their health studies and enable the students to learn more about services that are available in Bendigo to young people, as well as how to access them.

The students walked to each organisation so they had a better understanding of where each service was located and how to get there. They then had the opportunity to meet and talk to team members from headspace Bendigo, Anglicare, our lead agency Bendigo Community Health Services (BCHS) and YO Bendigo.

Well done to Rachel, Hannah, Amanda and Jo for supporting the tours each year and a big thank you to David and Ben from Anglicare, Haylee, Dean and Alex from headspace Bendigo, the Health Promotion team at BCHS and Chelsea and Lilly from Yo Bendigo. We appreciate your support!



HEY Day Bendigo highlights

HEY Day may have only been a one-day event, but what an event it was! Held in Bendigo on March 28, this year's theme was advocacy and activism and the day was one of the biggest and most engaging. We celebrated LGBTIQ+ young people and the advocacy work of the LGBTIQ+ sector in Victoria, presented by the Youth Affairs Council Victoria.

HEY partners from around the state came along and the day included a youth panel presentation called 'From Little Things - Big Things Grow'; a peer-to-peer workshop; a SMASH Transphobia workshop; as well as the announcement of the round 14 HEY Grant recipients. Here's a few fun stats from the day:

- This year featured the highest number of HEY Day registrations than ever before with over 70 regos.
- Of those registrations, 35 were young people.
- There was representation from 12 HEY Partner organisations.
- Two LGBTIQ+ young musicians showcased their music on the day.
- Two incredible panels, with five young people represented (including our amazing young facilitator Bendigo local, Kelsey).
- The Hon MP Maree Edwards dropped by for a Q&A session.

We're proud to hear that attendees have overwhelmingly reported feeling "heard, respected and supported," and we're already looking forward to next year!

Do you have an enquiry about the HEY Diversity Program? Or would you like to book an education / information session? [Follow this link](#) and fill in the form.

HEY Day Round 14 grant recipients

Social Connectedness

The 'Over the Rainbow' Project - \$10,000 - Mount Alexander Shire Council;
'Songs of Belonging: Celebrating LGBTQ Diversity with Music' - \$5,000 - Sufi Festival Inc; '(CALD) Rainbow Group' - \$10,000 - Whittlesea Community Connections; 'ACMI: Young LGBTIQ+ film-makers workshop' - \$5,000 - ACMI;
'The Surround Project' - \$10,000 - City of Darebin.

Youth Led Projects

Yarra Ranges Queer Youth Writers Collective - \$10,000; The 'So Let's Affirm You (SLAY)' Project - \$10,000; 'We Eat' Good' - \$10,000; 'Anti-gender hate: What are you doing about it?' - \$9,000; 'Now I See Colour: A Pride Music Video' - \$5,000; 'Queer Voices Roadshow - Life After School' - \$3,853 - headspace Elsternwick; 'Pride in Casey Schools' - \$5,000 - City of Casey; 'How Queer Looks: Generational Connection' - \$10,000 - YMCA Ballarat.



headspace is committed to embracing diversity and eliminating all forms of discrimination in the provision of health services. headspace welcomes all people irrespective of ethnicity, lifestyle choice, faith, sexual orientation and gender identity.



From above: It was great to have afterBAGS Australia attend for the first time with a display of their heartwarming afterBAGS. Each year we are supported by Amanda and Catherine McAuley College students to assist on the day; and Steph and the headspace team.

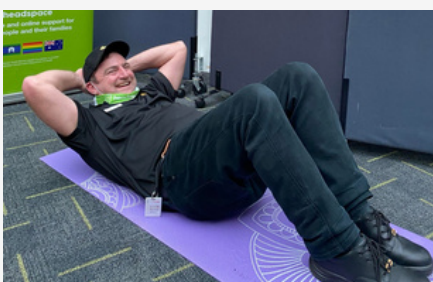
Always a walk to remember



Our headspace team attended the SPAN (Suicide Prevention Awareness Network) Walk again this year, providing resources and information to community members bereaved by suicide.

We had team members from our therapeutic team, work and study, community engagement and Youth Ambassador group attend, with Steph from Bendigo Community Health Services providing resources and information about services available to access from headspace and BCHS.

We were welcomed to the event by Bendigo Mayor Andrea Metcalf with Troy Firebrace delivering a very beautiful Welcome to Country. It was also wonderful for our community to hear from Luke Baker - who shared his experience with mental health - and watch how Luke brought everyone together with his story. Well done to everyone who attended the event supporting families who have lost a loved one and to let them know they are not alone.



It's time to push it real good!

It's time to flex those muscles for mental health. headspace Bendigo is participating in the Push Up Challenge, which runs from June 4-26, and we're challenging you to join us!

It's a fun and free mental health and fitness event pushing for better mental health for all Australians. headspace is incredibly grateful to be one of three official beneficiaries of the challenge too. You can create your own team and raise funds together for your chosen centre, or you can support your chosen centre by making an individual donation.

Your task should you choose to accept it, is to complete 3214 push ups (or alternative exercises) in 23 days. This is the number of lives lost to suicide in Australia in 2023. Registrations are open now, so... challenge accepted?

Upcoming events

We love sharing all that headspace has to offer and will be doing so at the events listed below.



headspace Round

North Central Football League
in conjunction with headspace Swan Hill

Date: June 21, 2025

Time: All day.

Teammates matter on and off the field/court. As part of headspace Round we will have wonderful headspace resources and fact sheets for young people, their parents, family and friends. See you there!



headspace Information Session

Rotary Club Bendigo Sandhurst

Date: May 21, 2025.

We never get tired of speaking all things headspace. This session will go through services and programs we provide to support young people, their parents, family and friends. Resources will also be available.

Other events

Professional Development

Bendigo Health

Date: June 4, 2025.

headspace Services Presentation

DOXA School

Date: June 16, 2025.

Wellbeing Day

Eaglehawk Secondary College

Date: July 25, 2025.

If your school, organisation or event is interested in an education session, workshop or having us at your event scan the QR code and fill in the form



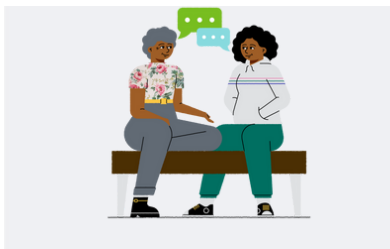
our programs

programs and activities we offer at headspace Bendigo



Youth Ambassadors

Our Youth Ambassadors meet fortnightly on Monday (5:00pm-6:00pm) to ensure the services we provide and the programs we run are youth friendly, inviting and engaging. They advocate for youth mental health and wellbeing.



Family & Friends Reference Group

Our Family and Friends Reference Group gives caregivers of young people the space to be heard and contribute to improving our services and programs. Meetings are held monthly on a Tuesday (5:00pm-6:00pm).



LGBTIQA+ support

Weekly diversity groups for young people and allies.

- POND - 12-14 yrs (Tuesday) 4:00pm-5:30pm
- TADPOLES - 15-17 yrs (Thursday) 4:00pm-5:30pm
- FROGS - 18-25 yrs (Wednesday) 4:00pm-5:30pm

Trans and Gender Diverse Parent & Carer Support Group
Monthly (Monday) 7:00pm-8:30pm



Art Therapy

Art Therapy group for females and people who identify as female, aged 15-18yrs. Please speak with your mental health clinician about joining our Art for the Heart.



Fitness & Nutrition Coaching

Every Wednesday our Fitness and Nutrition Coach is available to answer all of your fitness and nutrition questions and develop plans to improve your physical and mental health.

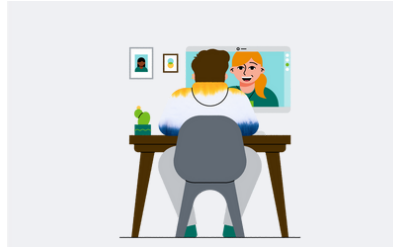
Child safety statement

headspace National Youth Mental Health Foundation is a child safe organisation. We believe in partnering with young people, listening, and supporting them to manage their health and wellbeing. headspace is committed to creating an environment where everyone feels included and respected irrespective of their culture, language, gender, appearance, sexuality, lifestyle, values, beliefs and faith, abilities and socioeconomic circumstances. headspace has a zero tolerance of abuse, racism, discrimination and bullying. Visit headspace.org.au for more on our commitment to child safety and wellbeing.



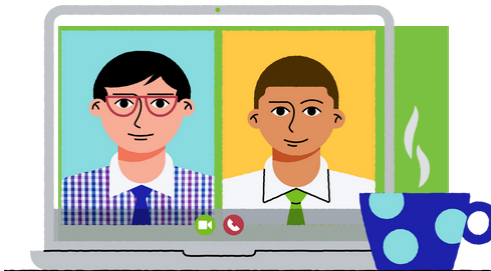
General Practitioner (GP)

Access our doctors in centre for support with your mental, physical and sexual health concerns, alcohol and other drug support and referrals to specialists. Appointments are bulk-billed, so your Medicare details are required.



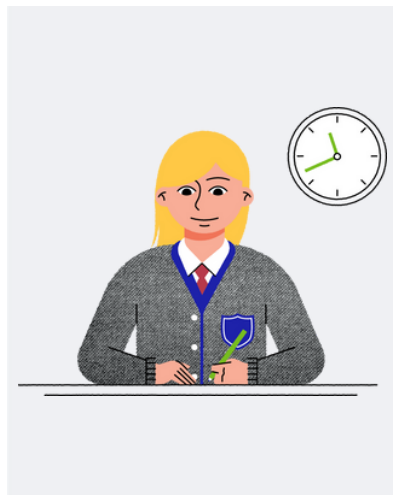
Telepsychiatry

Accessing a psychiatrist can be difficult and expensive. headspace Telepsychiatry provides an experienced workforce and reliable technology to bring psychiatric services to young people in rural and remote areas.



WISE Employment - Job Search

WISE Employment is available on a weekly basis to assist with your employment journey. They can assist with tasks such as, job search, resume writing and cover letters.



Work & Study Support

Looking for support to reach your work or study goals?

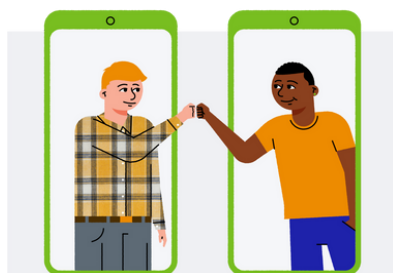
In Person: Our Vocational Specialists and Vocational Peer Worker are here to assist you to engage in further study and employment. It is an individualised program that listens to you, so you can achieve your goals!

Online: A Work and Study Specialist can provide tailored 1-on-1 support to you, accessible from anywhere in Australia via video calls, webchat or phone.



Youth Law - Legal Advice

Youth Law is available monthly (Tuesday) to provide free legal advice to young people on matters such as fines, debt, family issues, bullying, housing and criminal charges.



eheadspace

eheadspace is available from 9am – 1am, 7 days a week for a 1-on-1 chat with a trained clinician. It's a confidential, free and a safe space to talk about what's going on.

headspace Bendigo is open:

Monday - Wednesday: 8.30am to 6pm

Thursday: 12.30-5pm

Friday: 9am - 5pm





**THE NEXT
GENERATION:
STRENGTH,
VISION &
LEGACY**
6-13 JULY 2025