



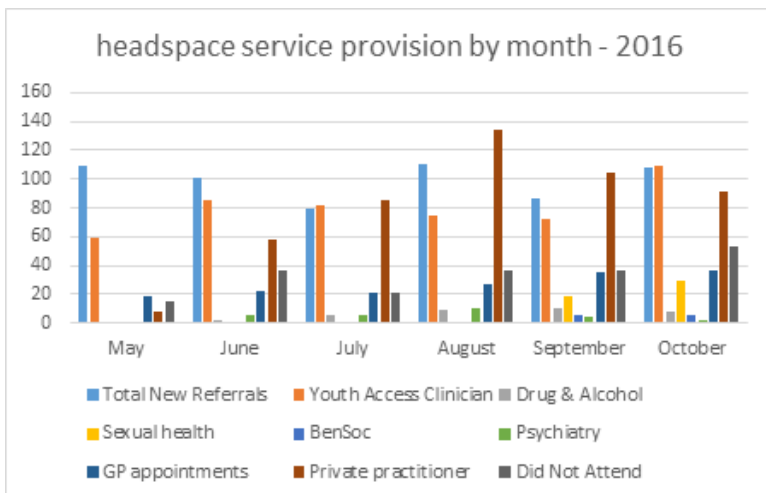
headspace Bondi Junction Newsletter December 2016

headspace Six Month Update

In the past six months, **headspace Bondi Junction** has been on a whirlwind adventure both in a clinical setting and with community engagement. We had over 600 referrals to our centre and 400 young people walking through the doors to access a variety of mental health services. We have had over 1,300 occasions of service, meaning that many of these young people are visiting **headspace** on more than one occasion. Our average wait time is 7 days with majority of clients feeling satisfied with the help they received. Current statistics:

- 66% identify as female
- 6% identify as Aboriginal and/or Torres Strait Islander
- 15.9% identify as Lesbian, Gay, Bisexual, Transgender, Queer or Intersex (LGBTQI)
- 22.4% identify as Culturally and Linguistically Diverse (CALD)

In the community we were able to visit 18 schools and countless community events which has amounted to presenting to over 8000 staff, students and community members. We will continue to be a community presence in 2017 and if you would be interested in **headspace Bondi Junction** visiting your school community please email headspacebondijunction@health.nsw.gov.au for a booking request form. This form is also attached in email.



Number of young people accessing our services.

Youth Open Day

On Saturday 12th November the **headspace Bondi Junction** Youth Reference Group (YRG) hosted our first Youth Open Day. This was a great day with lots of activities being run throughout the day. We had giant jenga, art sessions, boomerang painting, meditation and yoga workshops, Muay Thai boxing sessions, therapy dogs and a table tennis tournament. Keynote speaker, Brendan McDonnell, shared his life and mental health journey, including starting a clothing brand, Herman's Hands. You can check out his story at Brendan.mcdonnell.com! We would like to take this opportunity to thank the volunteers from Delta Dog Society, A Sound Life, Andrew O'Brien, Brendan McDonnell and our family and friends reference group.



Participants at our Youth Open Day

Festive Season Operating Hours

headspace Bondi Junction will be closed from: 1pm Friday 23rd December 2016 and will reopen 9am Friday 6th January 2017. We would like to thank all of you for inviting **headspace Bondi Junction** into your school community and wish you a happy and healthy festive season. We look forward to connecting again in 2017.

What's in store for 2017!

For 2017 we will aim to start introducing group sessions at our centre. These could be regular yoga sessions, art therapy sessions, mental health literacy sessions and workshops aimed at HSC students to better manage stress wellbeing during their HSC year. If you would be interested in sharing group information with your school please contact Ruby Crowe, ruby.crowe@health.nsw.gov.au, for more information.



More photos from our Open Day. Participants enjoying the Delta Therapy dogs!

headspace Bondi Junction
wishes you a happy and healthy festive season.

We've loved getting to know you throughout 2016.

Looking forward to connecting in 2017!

Season's Greetings

headspace Bondi Junction will be closed from 1pm Friday 23rd December and will reopen 9am Friday 6th January

headspace

Aged 12 to 25? headspace can help with:

- general health
- mental health and wellbeing
- alcohol and other drugs
- education, employment and other services

headspace.org.au

headspace
Bondi Junction

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