

Kai

Youth Access Clinician she/her

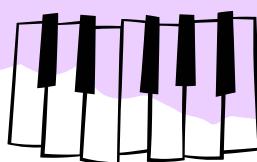
I Enjoy...



- Strategic cooperative board games, murder mystery nights, & escape rooms – if it involves deduction, clever plot twists, or dramatic overthinking, I'm in!
- Thrilling, unsettling novels by forensic psychologist Chris Carter
- On the screen, my favourites range from *Kindaichi* and *Criminal Minds* to *Person of Interest* and *House MD*. And *Castle* gets bonus points for combining grisly murders with upbeat jazz!



Fun Facts!



你好

If I was an emotion from Inside Out, I would be Anger – but hopefully the responsible version who is passionate, protective, and mostly just wants things to be fair!

I can speak English and Mandarin fluently and understand/speak a little Hokkien, Cantonese, and Korean



My Work

- I began with a personal desire to better understand myself
- Along the way, that curiosity grew into a deep interest in supporting others
- I am particularly interested in evolutionary perspectives on anxiety and relationship conflict, as well as how these frameworks can help young people make sense of their emotional responses and behavioural patterns.



Darren

Clinical Lead

he/him

My Work

I have been with headspace about 15 years. I have worked in both the headspace primary and early psychosis programs. I lived up in the Kimberley on Yawuru Country for most of that time. I have a background in nursing and social work.



I have a passion for working with Aboriginal, culturally diverse and Queer communities both here in Australia and from my native home, Canada. I work as a Narrative Therapist like to integrate mindfulness and solution focused thinking.

I love working and learning with young people here at headspace Cannington



About Me!

- When not working I enjoy cooking, spending time with family and friends, napping on the couch with my pooches, Dingo and Iggy, and doing home renos with my partner. I am a sucker for watching true crime TV and love Mexican cuisine (more than just tacos)
- Oh, and I did runaway and join the circus 😊





Dee



Youth Access Clinician he/him

My Free Day

You'll likely find me outdoors on a scooter, kicking a footy with the kids, or simply enjoying a quiet moment with good music in the background. I like to keep things simple, a good laugh, good company, and a sense of balance go a long way



My Work

During my social work studies, I completed my placement at headspace, where I fell in love with the team and the work.

Being given the privilege to walk alongside someone on their journey through their challenges and growth is something I find deeply meaningful and rewarding.

About Me!

- Born in Zambia but having spent more than half my life in Australia, I bring a blend of cultures, perspectives, and lived experiences to everything I do.
- I'm at my happiest when I'm out jet skiing, quad biking, or hiking, anything that gets my heart racing and connects me to nature.
- Soft spot for Asian cuisine and a boost juice smoothie!
- My music playlist is a mix of everything from Afro beats and jazz to soft rock, hip hop, R&B, and EDM.
- Music and food, to me, are expressions of culture and mood, they bring people together.





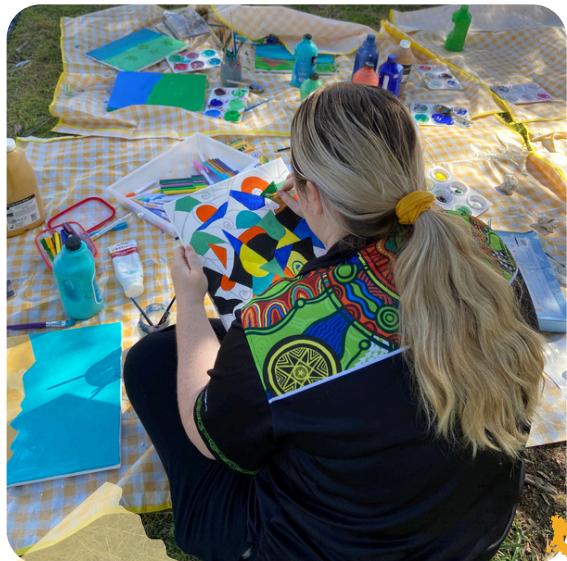
Sam

Senior Youth Access Clinician she/they



About Me!

- My go-to bubble tea flavour is winter melon tea and brown sugar pearls, but I am also loving peach oolong tea and coconut jelly
- Unfortunately I only speak English but I am incredibly jealous of all the bilingual baddies, I have been trying to learn Tagalog and Spanish but with minimal success



My Work



- I did my placement at headspace back in 2021 and loved working with young people and their families. I have been around a few headspaces now and have loved learning from young people and being a part of their journey through life.
- I have a strong interest in working with relational dynamics and attachment styles and helping people find their spark.
- Self compassion is something that is often overlooked but is incredibly important navigating the many challenges life throws at us

Kerry

Clinical Educator

she/her



My Work

After my own children's positive experience with headspace I decided to apply for a position and was successful!

I enjoy art therapy using clay and supporting young people to reach their full potential through counselling



My Favourites

- My 3 dogs Marlee, Evie and Cosmo
- Doing Lego & creative activities
- Kayaking
- Foods - Ice cream, chocolate, a good roast dinner and Mexican
- Music - PINK, Adele, Ruelle, Fleetwood Mac!



My Free Day

I would like to go on a road trip with my partner exploring nature and listening to music



Marlee





Ling

Youth Access Clinician

she/her

About Me!

- Can't start the day without one (or two) coffee(s)
- Love spending my free days food hunting, especially desserts
- I have a secret drawer full of chocolates & lollies
- Big on sports, currently obsessed with pickleball
- Love travelling without a plan and seeing where the adventure goes



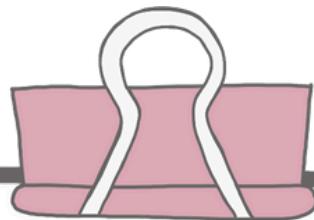
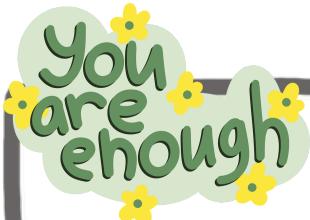
My Work

- Completed my postgrad placement at headspace and absolutely loved working with young people
- Passionate about supporting young people through their mental health journeys



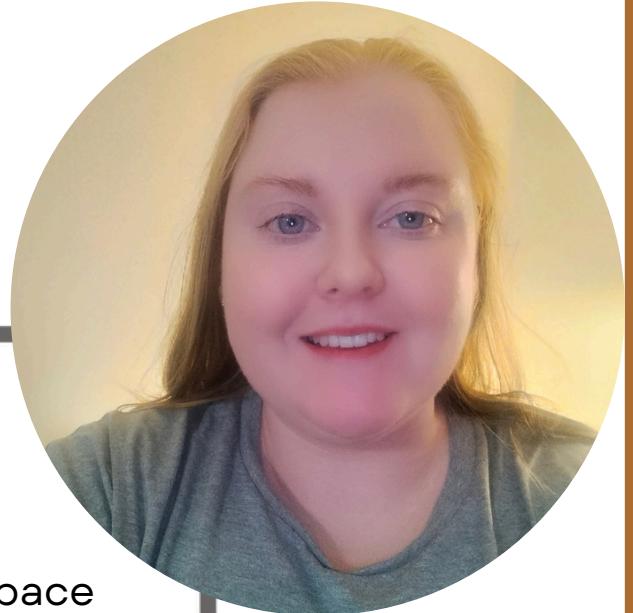
Brooke

Youth Access Clinician
she/her



My Work

- When I was studying social work, I completed a placement at a headspace centre and when a job came up I went for it!
- I really enjoy learning more about young people's lives and being someone they can talk to without judgement, help them feel heard and not alone
- It's rewarding to support people to build confidence and learn to manage emotions they find tough to experience

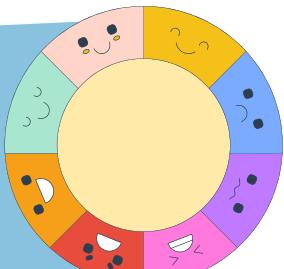


Wayne



I Enjoy...

- Paint by numbers
- Going to the gym
- Patting animals
- Reading
- Watching Netflix - The Summer I Turned Pretty and Bridgerton
- Catching up with friends
- Finding good Bánh Mìs and bubble tea!



Tessa

Specialist Wellbeing Practitioner



My Passions

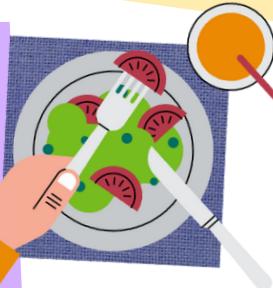
- Mental health, lifestyle, movement, and nutrition
- Supporting young people through challenging times, bringing them hope
- Creating a space where young people feel heard, empowered, & supported to make positive changes



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About Me

- Born and raised in New Zealand, my husband is half Swedish so I am learning the culture and language
- Interests: Cats, reading, jigsaw puzzles, road tripping, painting, and cooking
- Favourite TV show - Friends or Brooklyn Nine-Nine
- My current obsession is strawberry coconut water!



My Free Day

- Delicious, nutritious breakfast
- Long, scenic hike with my husband
- Explore close by town
- Go out for dinner
- Shower, a movie in bed with fresh sheets and hot chocolate



Jenna

Community Engagement Officer they/them



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My Work

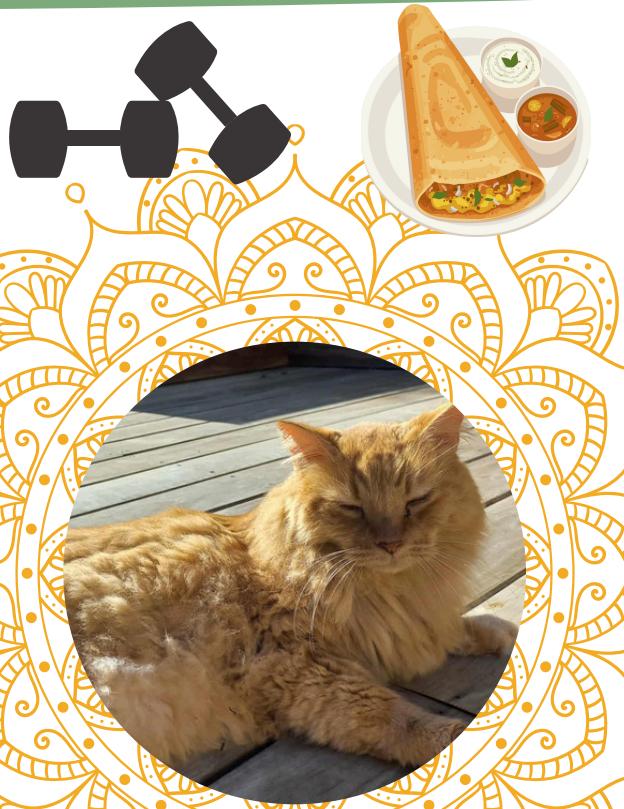
I studied Psychology (up to Honours) and was a Youth Reference Group member. I'm passionate about:

- Social & emotional wellbeing, landcare, learning about culture, and advocacy
- Celebrating progress and making a safe space for young people
- Ensuring everyone's voice is heard, regardless of discrimination, language barriers, and communication needs



I Enjoy...

- Donburi, dosas, curry (palak paneer or panang prawns)
- Gym group classes
- Singing and music
- Reading (recently Boy Swallows Universe, First Knowledges: Songlines, Growing Up Indian in Australia)
- Drawing, mandalas, painting
- Hiking and spending time in Porongurup (Menang Noongar)
- Time with Charlie - my cat!



Charlie

Jami

Centre Manager

she/her



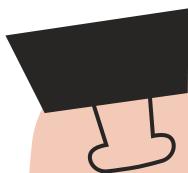
My Work

- I've worked with people for 16 years
- It's rewarding at headspace to have compassion and insight into the challenges facing young people
- I love art therapy and seeing big changes in people's lives with a little help from us



Tameisha

Community Engagement
Officer
she/her



About Me!

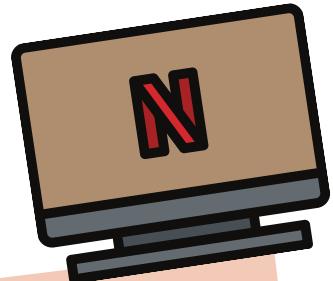
- Passionate about social justice, mental health, working with young people and being apart of meaningful change!
- I love hanging out with friends and family
- I LOVE chocolate coconut water



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take care
of your mind



Fun Facts!

- Huge Vampire Diaries, Criminal Minds & Prison Break fan!
- I am half African American
- My favourite flowers are frangipanis
- My absolute go to food is anything Mexican, followed by a sweet treat!

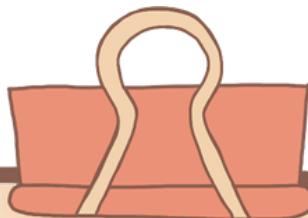




Ben

Receptionist

he/him, they/them



My Work

- I did my placement here back in 2022 and really enjoyed the energy of the staff and decided I'd like to stay
- I'm currently studying Social work and spend a lot of my spare time doing art
- I'm very interested in peer work and art based therapeutic practices
- Hopefully someday once I'm finished my Bachelor's I can do art therapy groups or something of the like

About Me!

- I'm currently obsessed with playing Magic: The Gathering, it's become all consuming
- My free day: Sleep, draw, listen to music and hang with my dog
- My favourite:
 - Show: Twin Peaks (Everything David Lynch rules)
 - Music: Carly Rae Jepsen, Feble Little Horse, Mitski, Sir Chloe, Chairlift
 - Food: Love prawn Gyoza or dumplings of most varieties
 - Café Drink: Flat white generally or an iced caramel latte



Annabelle

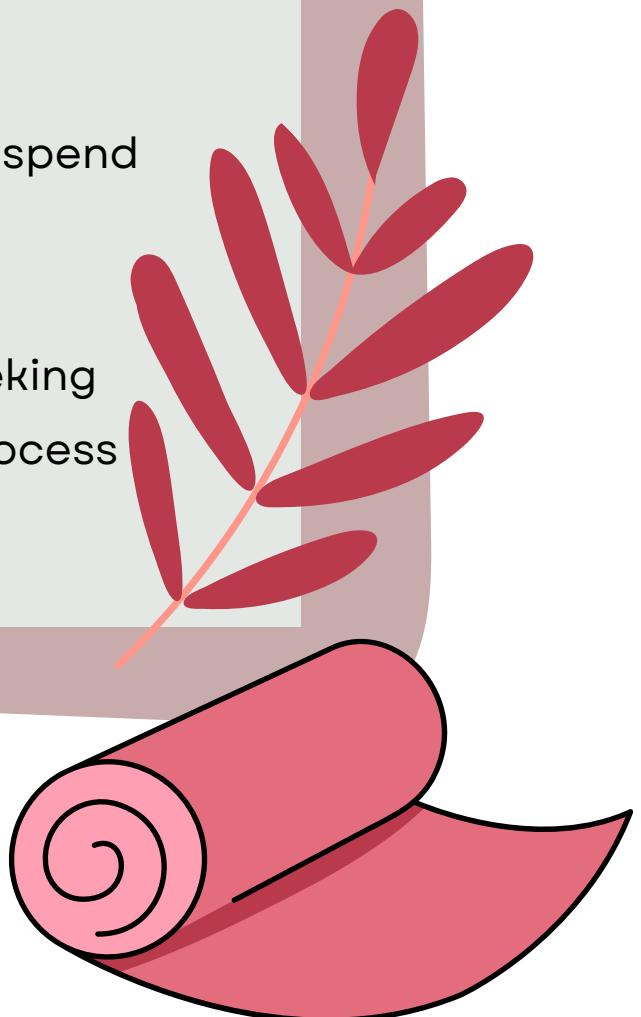
Receptionist & Youth Reference Group

she/her



About Me

- Studying Bachelor of Psych and Commerce at UWA
- Best holiday destination: Mauritius
- Self-care: Pilates
- Favourite go-to food: Sushi
- Free day: Watch a good show, spend time with family and friends
- Fun fact: I speak Thai!
- Message for young people seeking mental health support: The process is simpler than you think





Sue

Receptionist

she/her

- Lived experience led me to working at headspace - early intervention is so important
- I love walking, camping, bush cooking, and Netflix
- Favourite holiday: Family road trip to Exmouth and Coral Bay with my husband and three boys
- Go-to food: Anything super healthy and EGGS - I love brunch!
- Favourite movie: Good Will Hunting

