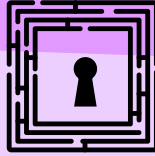


# Kai

## Youth Access Clinician she/her



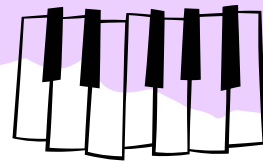
### I Enjoy...



- 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

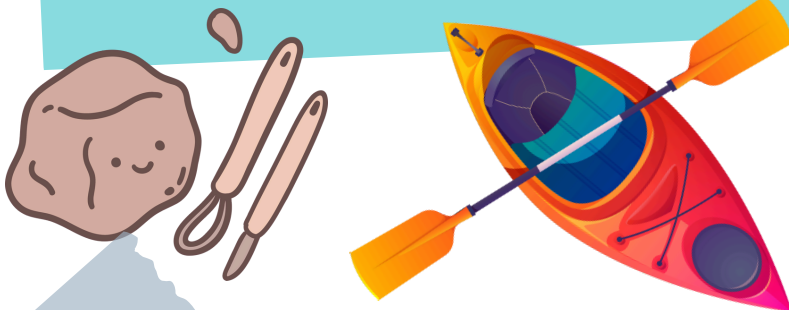
After my own children's positive experience with headspace I decided to apply for a position and was successful!

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



### My Free Day

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



### 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!



**Marlee**



日本  
**JAPAN**



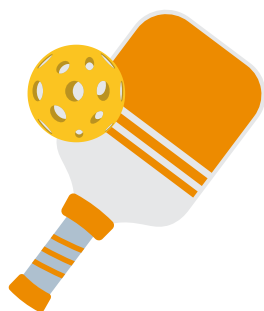
# Ling

**Youth Access Clinician**  
**she/her**



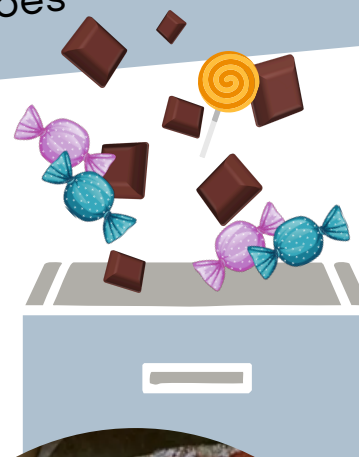
## About Me!

- 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

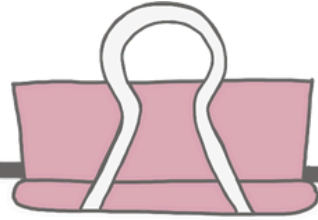
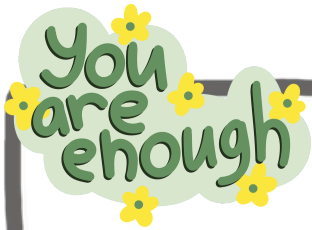
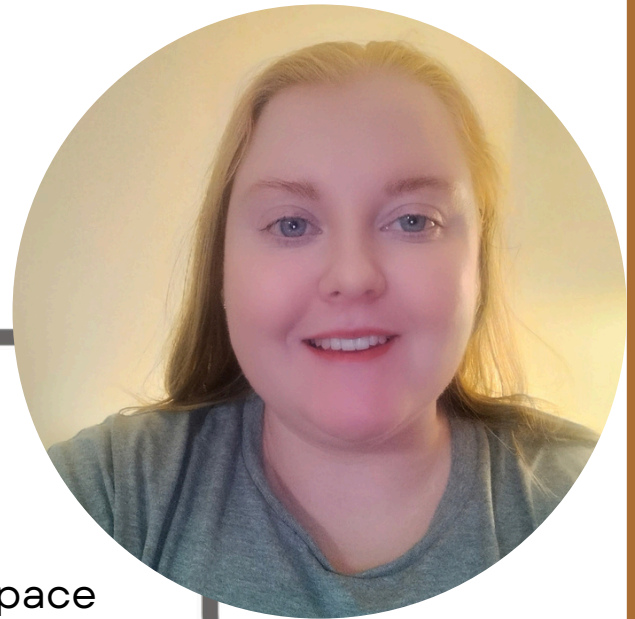
- Completed my postgrad placement at headspace and absolutely loved working with young people
- Passionate about supporting young people through their mental health journeys





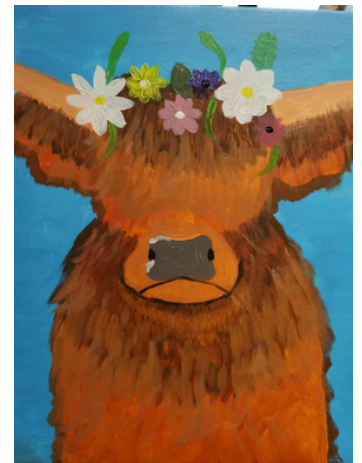
# Brooke

**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

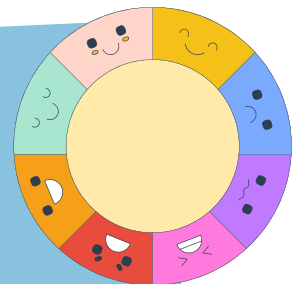


**Wayne**



## 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!

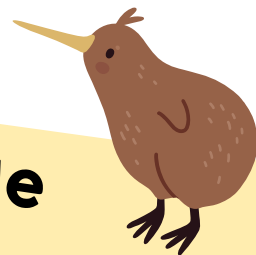


# Tessa

## Specialist Wellbeing Practitioner



### 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 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



### 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



### 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



### About Me

- My natural habitat is the beach providing me with relaxation and sensations of joy
- I've tried French but I'm tres bad at it
- Jackie of all trades, master of none!



### 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





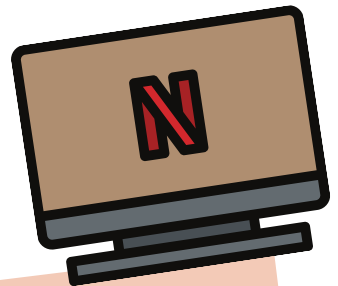
# Tameisha

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



take care  
of your mind

## Fun Facts!

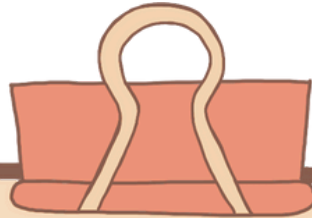
- Huge Vampire Diaries, Criminal Minds & Prison Break fan!
- I am half African American
- My favourite flowers are frangipanis
- My absolute go to food is anything Mexican, followed by a sweet treat!





# 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, Feeble 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



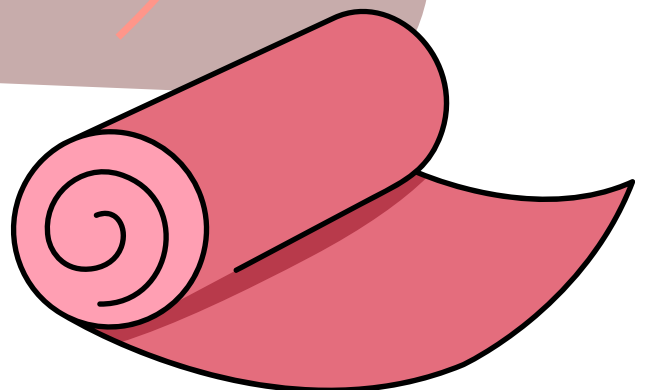
# Annabelle

**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

