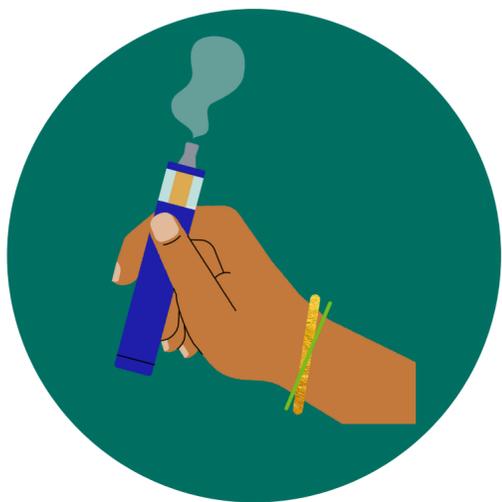


Workshops & Presentations

for young people, parents/carers, & teachers

headspace Cannington offers FREE interactive evidence-based workshops (in-person & online options)

- Timing: 45-60 minutes, can be altered to your needs e.g., assembly
- Ages: Workshops for young people are designed for ages 10-25 (adjusted to be age appropriate)
- Tailored to suit your needs: We can combine topics and may be able to cover a new topic with enough notice
- Provide information about where and how to seek support



ALCOHOL & OTHER DRUGS

- Effects of alcohol and different types of drugs
- What is binge drinking?
- Risk taking behaviours
- Peer pressure
- Reducing harm related to alcohol and other drug use
- Alternatives to substance use



ANGER & CONFLICT

- Anger iceberg activity
- Healthy ways to respond to conflict
- Communication tips
- Self-care
- Tips for a healthy headspace



ANXIETY & DEPRESSION

- Signs, symptoms, & contributing factors
- How common are anxiety & depression?
- Videos of young people's experiences
- Strategies to manage symptoms



BODY IMAGE & CONFIDENCE

- What is body image?
- Healthy vs. unhealthy body image
- Media: Before & after editing
- Tips to improve body image
- Affirmation cards: Positive thinking e.g., strengths & personality



BULLYING

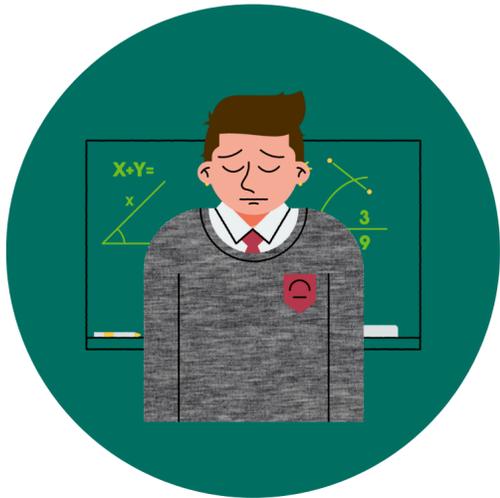
- What is bullying?
- Types of bullying
- Scenario examples
- What to do if you are being bullied
- How to support a friend



CYBERBULLYING & CYBERSAFETY

- What is cyberbullying?
- What to do if you are being cyberbullied
- Information about eSafety Commission
- Tips to stay safe online

LISTEN, SUPPORT & ACT:



EXAM & STUDY STRESS

- What is stress?
- Stress vs. anxiety
- Sharing worries & ways to cope with them
- Tips for studying
- Tackling procrastination
- Procrastination action plan



HELPING FRIENDS THROUGH TOUGH TIMES

- Mental health
- Social & emotional wellbeing
- Stress, anxiety, and depression
- Types of support
- Warning signs of suicide
- How to support a friend



MEET HEADSPACE

(20 mins)

- What is mental health?
- Helpful vs. unhelpful strategies
- About headspace services
- How do you reach out?
- Wellbeing access pathway at headspace Cannington



MENTAL HEALTH 101 / SOCIAL & EMOTIONAL WELLBEING

- What is mental health?
- Social & emotional wellbeing
- Helpful vs. unhelpful strategies
- Early warning signs of mental health issues
- Stress, anxiety & depression
- Tips for a healthy headspace
- What to do if you are not okay



RELATIONSHIPS & CONFLICT

- Healthy vs. unhealthy relationships
- Types and causes of conflict
- Conflict with parents and carers, siblings, friends and romantic partners
- Healthy ways to respond to conflict
- Communication tips



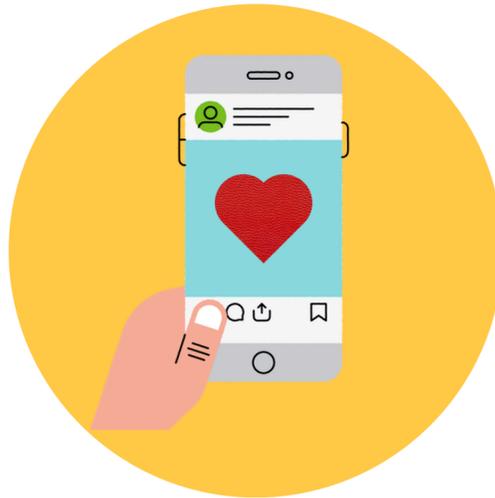
RESILIENCE

- Social & emotional wellbeing
- What is resilience or 'bouncing back'?
- Thinking of positives, persevering and practice, perception, problem-solving
- Self-care, coping strategies, & our strengths
- Scenario examples





SELF-CARE &



TIPS FOR A HEALTHY HEADSPACE

- What is self-care?
- Mental health
- What is stress?
- Helpful vs unhelpful strategies
- Tips for a healthy headspace
- Self-care plan
- About headspace services

SOCIAL MEDIA

- Healthy vs unhealthy relationship with social media
- Social media self audit
- Tips for staying safe online & online risks
- Intimate images and the law
- Red/green flags of online behaviours

STRESS & COPING

- What is stress?
- Signs and symptoms of stress
- Causes of stress
- Stress vs. anxiety
- Self-care, coping strategies, & breathing techniques
- Action plan



TRANSITION INTO HIGH SCHOOL

- Changes & worries
- What are you looking forward to about starting high school?
- Resilience & anxiety
- A good friend activity
- Tips for the transition
- Scenario examples

TRANSITION OUT OF HIGH SCHOOL

- What is mental health?
- What are you feeling about leaving high school?
- What to expect moving out of high school (work, driving, study, bills, meeting new people)
- Tips for the transition

YOUR MOOD WHEN YOU MOVE

- What is mental health?
- Helpful vs. unhelpful strategies
- Benefits of staying active for physical and mental health
- How to get started with physical activity

To request us to present a workshop, please fill out our online form at:
<https://forms.gle/fVyinjtBFfH6nFa6>

If you have any issues completing the form or have any questions, please send an email to reception@headspacecannington.com.au or call **9358 9800**.