



# Workshops & Presentations

## for young people (12 - 25)

headspace Cannington offers FREE interactive evidence-based workshops and presentations (45-60 mins). All workshops provide information about where and how to seek support. In-person and virtual options available.



### 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 and stop sign 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 sharing experiences anxiety & depression
- Strategies to manage anxiety and depression symptoms



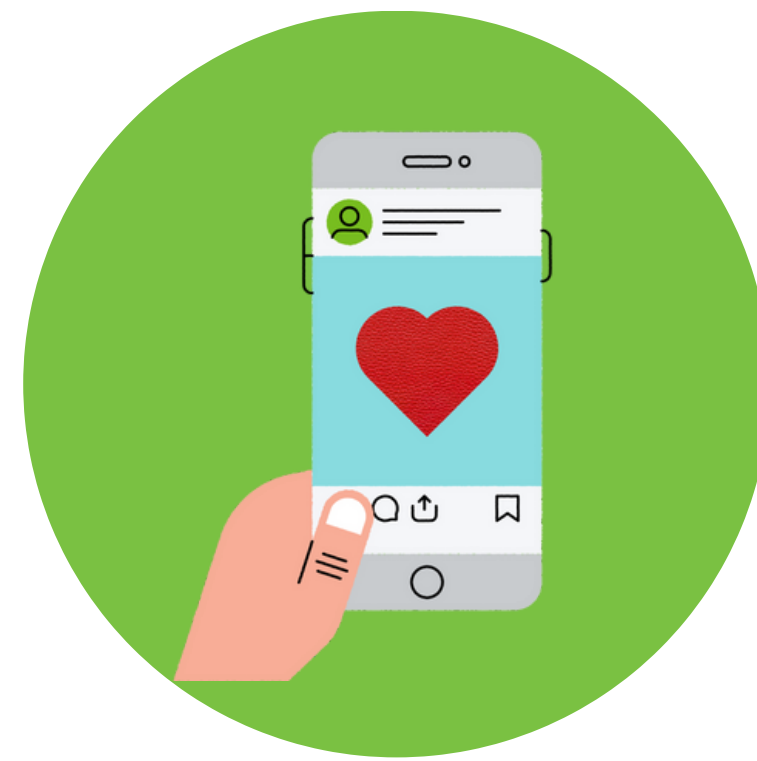
### BODY IMAGE & CONFIDENCE

- 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?
- Signs and symptoms of stress
- 7 exam and study strategies
- Tips for a healthy headspace
- Meditation and mindfulness



### HELPING FRIENDS THROUGH TOUGH TIMES

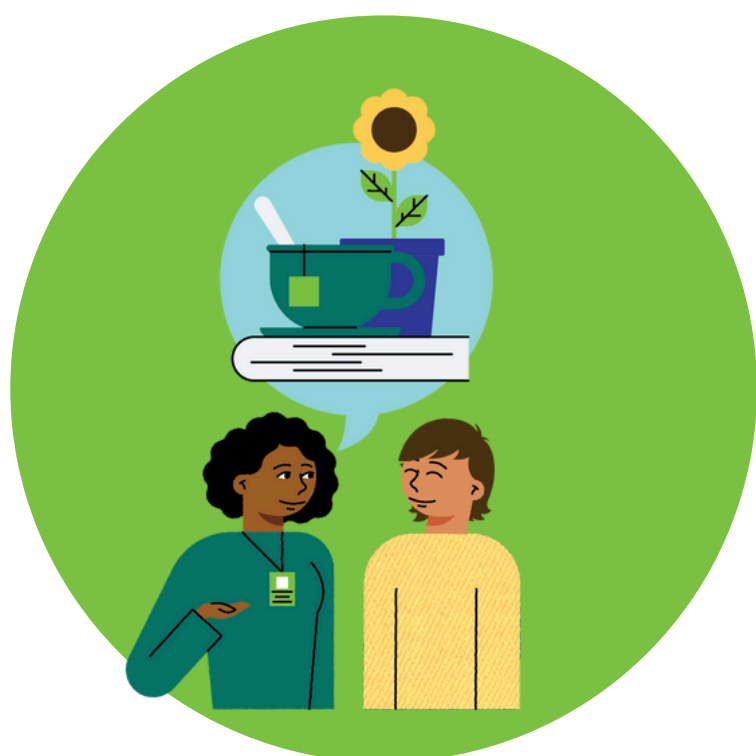
- Mental health
- Social & emotional wellbeing
- Stress, anxiety, and depression
- Types of support
- Warning signs of suicide
- How to support a friend



### 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

- What is mental health?
- Social & emotional wellbeing
- Helpful vs. unhelpful strategies
- Early warning signs of mental health issues
- What to do if you are not okay
- How to help and support a friend



### 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'?
- How do you show resilience?
- Scenario examples
- Helpful vs. unhelpful strategies
- Self-care, acknowledging our strengths and gratitude



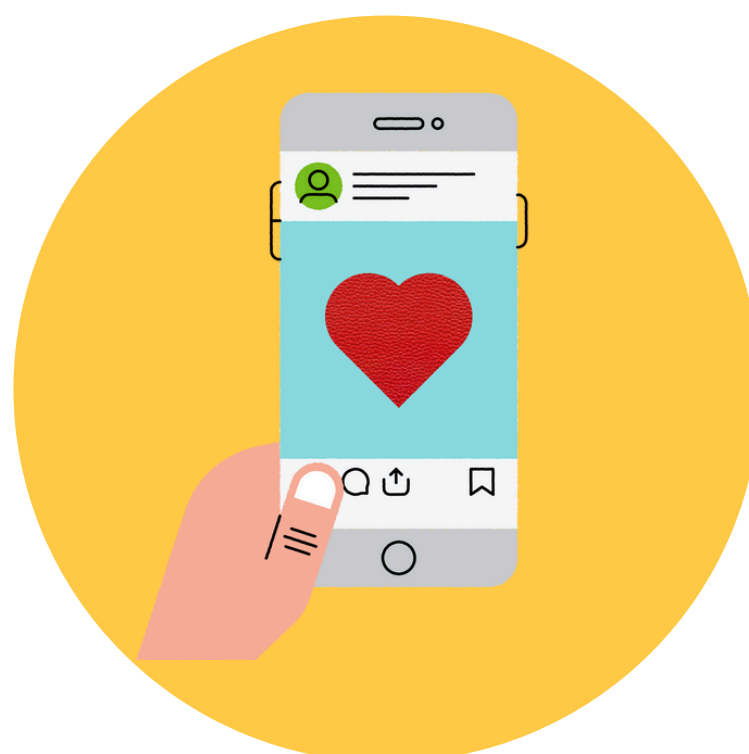


## SELF-CARE &



### 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 having a healthier relationship with social media
- Sexting and the law
- Cyberbullying
- How to stay safe online



### STRESS & COPING

- What is stress?
- Signs and symptoms of stress
- Causes of stress
- Distinguishing between stress and anxiety
- Tips for a healthy headspace
- Meditation and mindfulness



### TRANSITION INTO HIGH SCHOOL

- What is stress?
- Tips for reducing stress
- What are you looking forward to starting high school?
- What are your worries?
- Scenario examples
- Tips on easing the transition



### 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](mailto:reception@headspacecannington.com.au)** or call **9358 9800**.