

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: KNOWING THE RISKS

- Effects of alcohol
- Binge drinking
- Risk taking behaviours
- Peer pressure
- Reducing risks of alcohol-related harm
- Alternatives to alcohol use



ANXIETY & DEPRESSION

- Anxiety signs and symptoms, causes, types and prevalence
- Depression signs and symptoms, causes and prevalence
- Strategies to manage anxiety and depression symptoms



BODY IMAGE & SELF-WORTH

- What is body image
- Healthy VS unhealthy body image
- Types of body image disorders
- Tips to improve body image



BULLYING

- What is bullying
- Types of bullying
- Scenario examples
- What to do if you are being bullied



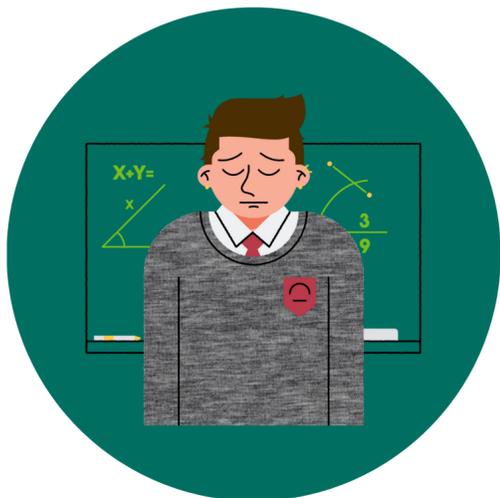
CYBERBULLYING & CYBERSAFETY

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



DRUGS: KNOWING THE RISKS

- Types of drugs
- Short and long term effects
- Mixing drugs
- Peer pressure
- Reducing risks of drug-related harm
- Alternatives to drug use



EXAM & STUDY STRESS

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



MEET HEADSPACE (20 mins)

- What is mental health
- Mentally healthy VS unhealthy
- About headspace services
- What is the referral process
- Previous and upcoming programs



MENTAL HEALTH 101

- What is mental health
- Mentally healthy VS unhealthy
- Early warning signs of mental health issues
- What to do if you are not ok
- How to help and support a friend



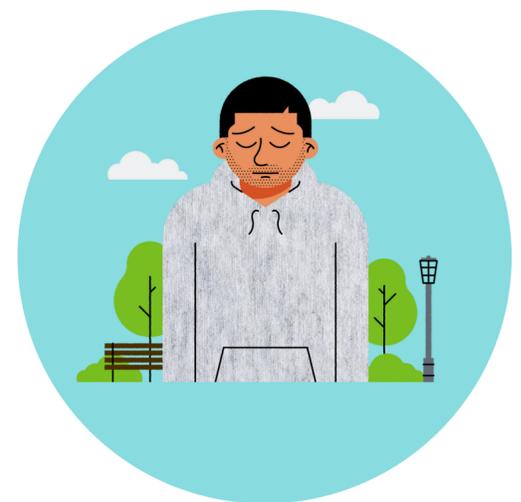
RELATIONSHIPS & CONFLICT

- 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



SOCIAL MEDIA

- What does a healthy VS unhealthy relationship with social media look like
- 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 a mental health issue
- Tips for a healthy headspace
- Meditation and mindfulness



TIPS FOR A HEALTHY HEADSPACE

- What is mental health
- What is self care and why is it important
- Tips for a healthy headspace
- How to implement self care into your routine



TRANSITIONING INTO HIGH SCHOOL

- What is stress
- Signs and symptoms of stress
- Types of stressors felt when transitioning into high school
- Tips for reducing stress
- Scenario examples
- Tips on easing the transition



TRANSITIONING OUT OF HIGH SCHOOL

- What is mental health
- What is stress
- Signs and symptoms of stress
- Distinguishing between stress and a mental health issue
- Changes to expect moving out of high school (work, driving, study, bills, meeting new people)
- Tips on dealing with the transition



YOUR MOOD WHEN YOU MOVE

- What is mental health
- Mentally healthy VS unhealthy
- What does staying active look like
- 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/fVyinjjtBFfH6nFa6>

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