

headspace Albury Wodonga winter newsletter 2020

balancing online schooling and working from home

Coronavirus (COVID-19) has resulted in new opportunities and challenges.

The transition to online schooling and working from home will be exciting for some people who may thrive in this new style of working and learning and for others this transition may be quite stressful and overwhelming. It may also be a mixture of both these experiences.

All of these feelings and experiences are understandable in these circumstances. Each household will be different in what they are managing.

Everyone will balance this differently with each household having different ways of managing and different priorities. This is okay. There is no one right way to go about this and no household will get it perfectly right.

[Here](#) are some tips to support the balance of online schooling and working from home.

keep moving

headspace has teamed up with The Australasian College of Sport and Exercise Physicians to launch the Keep Moving campaign.

Keep Moving shows some of Australia's biggest sports stars joining together to demonstrate the importance of exercise and activity in not only keeping our bodies fit and healthy, but in maintaining our mental health too.

[Here](#) you can see what Adam Goodes (former AFL), Samantha Stosur (tennis player), Alyssa Healey (cricket player), Tayla Harris (AFLW) and Chris O'Connell (tennis player), are doing at home to keep active to support their physical and mental health.

<https://headspace.org.au/keepmoving>



The Push Up Challenge

JOIN THE FUN

11th - 31st May 2020

Join your mates and thousands of others in each completing 3,046 push-ups over 21 days

Keep track of how you and your friends are going with our sweet tracker. Along the way we'll give you some mental health tips and you'll also get a chance to fund raise for headspace Albury Wodonga.

For more information go to www.thepushupchallenge.com.au

find us on facebook

Keep up-to-date with all of our resources and programs on our [facebook page](#) or [website](#)

Find hints and tips as well as some great local initiative for young people to be a part of, through our entire region, like our Youth Reference Groups Movie Club and Book Club! Clubs happen every Friday in May 4.30-5.30pm, drop us a line to be sent the zoom link! bree.cross@gatewayhealth.org.au Clubs are suited to young people age 16-25.

movie club

friday 8 may 4.30-5.30pm
friday 22 may 4.30-5.30pm



Join the youth reference group on Friday afternoons and talk all thing love and loath from some class movie or book genres!
Each week will have a new genre, with either a book or movie focus.
Action, comedy, science fiction, mystery.....
Suitable for 16-25 year old's

Movie club and book club will be held through zoom
Let us know you are interested and we will send you the zoom link, email or DM, on the Friday morning bree.cross@gatewayhealth.org.au

MOVIE CLUB AND BOOK CLUB ARE SOCIAL GROUPS, NOT THERAPEUTIC GROUPS

book club

friday 15 may 4.30-5.30pm
friday 29 may 4.30-5.30pm



healthy headspace action plan

It can be hard to make a change, however creating a plan can help.

If you are wanting to change something the healthy headspace [action plan](#) can help us start to explore ideas and ways that can make change a bit easier by using one of our tips for a healthy headspace. Find more tips for a healthy headspace tips [here](#)

Gender Identity Group (G.I.G)

Join an online community of Trans, Non Binary and Gender Diverse young people to explore themes that are important to you.

GIG online starts Friday 15 May and is held every second Friday

4-5pm for 12-17 years olds
5-6pm for 18-25 years olds

Express your interest here

https://www.surveymonkey.com/r/GIG_online_2020

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headspace Albury Wodonga

Still here for young people

COVID-19 is creating feelings of uncertainty within the community and headspace Albury Wodonga is reminding young people we are here to support their mental health.

Supporting young people in challenging times is crucial and headspace Albury Wodonga is dedicated to ensuring that those who need it can access help.

In an effort to prevent the spread of COVID-19, headspace Albury Wodonga is currently delivering services to young people via phone and online rather than in-person. We will continue to offer individual services to young people with delivery through phone and online options.

You can contact us on (02) 6055 9555 or headsapaceAW@gatewayhealth.org.au

Additional youth support services

ehespace visit [headspace.org.au](https://www.headspace.org.au)

Talk with a trusted adult, such as a parent, teacher, school counsellor or headspace Albury Wodonga

Urgent Support

If you ever feel unable to cope because of overwhelming or intense emotions, or if you have any thoughts of harming yourself, then ask for help immediately.

National 24/7 crisis services

Lifeline: 13 11 14 or [lifeline.org.au](https://www.lifeline.org.au)
Suicide Call Back Service: 1300 659 467
or [suicidecallbackservice.org.au](https://www.suicidecallbackservice.org.au)
beyondblue: 1300 224 636 or [beyondblue.org.au](https://www.beyondblue.org.au)

Speak to your local doctor or [General Practitioner \(GP\)](#) and help make a plan for your recovery. Or you can search for a health service and GP on [healthdirect](https://www.healthdirect.gov.au).

Kids Helpline: 1800 55 1800
or [kidshelpline.com.au](https://www.kidshelpline.com.au)

ReachOut: [reachout.com.au](https://www.reachout.com.au)

SANE Australia: 1800 187 263 or [sane.org](https://www.sane.org)

Info and program socials

headspace Albury Wodonga

[facebook.com/headspacealburywodonga](https://www.facebook.com/headspacealburywodonga)

headspace

[facebook.com/headspaceAustralia/](https://www.facebook.com/headspaceAustralia/)

The Hive Youth Resource Centre

[facebook.com/thehiveyouthresourcecentre](https://www.facebook.com/thehiveyouthresourcecentre)

Retro

[facebook.com/thisistheretro/](https://www.facebook.com/thisistheretro/)

Wodonga Youth

[facebook.com/wodongayouth](https://www.facebook.com/wodongayouth)

Wangaratta Youth Services

[facebook.com/youthservices.wangaratta/](https://www.facebook.com/youthservices.wangaratta/)

Indigo Shire

[facebook.com/indigoshireyouth/](https://www.facebook.com/indigoshireyouth/)

Greater Hume Shire

[facebook.com/greaterhumeshireyouthcommittee/](https://www.facebook.com/greaterhumeshireyouthcommittee/)

Alpine Shire Youth

[facebook.com/alpineshireyouth/](https://www.facebook.com/alpineshireyouth/)

Towong Shire

[facebook.com/towong.shire.council/](https://www.facebook.com/towong.shire.council/)

Federation Council

[facebook.com/iamfederation/](https://www.facebook.com/iamfederation/)

North East Pride Collective

[facebook.com/NorthEastPrideCollective/](https://www.facebook.com/NorthEastPrideCollective/)