

Office Opening Hours:

- M: 9am–6pm
- T: 9am–5pm
- W: 9am–7pm
- T: 10am–7pm
- F: 9am–3pm

**headspace
Dubbo
Term 3**



Hello Everyone!

Well, with half the year gone, we are still busier than ever—and we wouldn't have it any other way!

Legal Aid and Tutoring have now began at **headspace** Dubbo for young people aged 12–25. With the introduction of these services, the long list of services that we offer continue to grow, in order to provide as much assistance as possible to young people in our community.

We have continued to provide mental health literacy in the community, celebrated key events such as Men's Health Week, National Volunteers Week, IDAHOT and at the end of NAIDOC Week, we unveiled a permanent Acknowledgment to Country in our centre.

The referrals continue to come in, and the waitlist for an initial appointment is sitting around 2 weeks. The range of different services that we have each have their own waitlist, which is discussed with the young people as they come into the centre.

We look forward to seeing what the other half of 2017 brings us!

- **headspace Dubbo team**

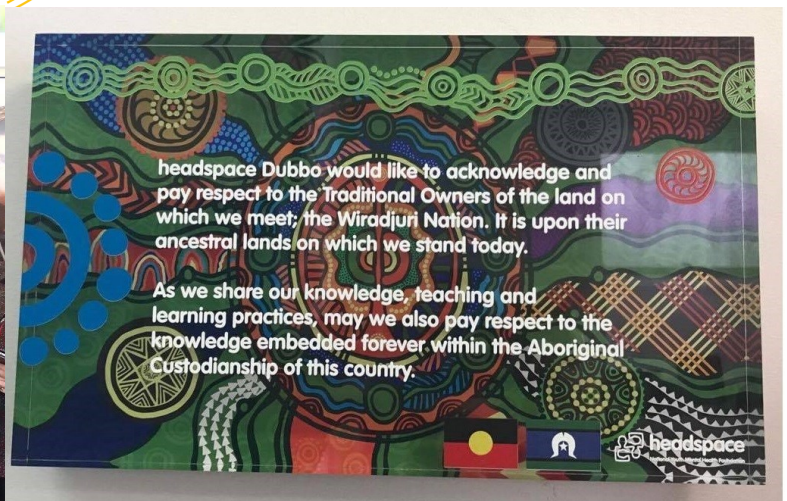
Staff:

- Rachel Thomas—Program Manager
- Ann-Maree Hartley—Clinical Leader
- Paul Rich—YAAW
- Nicholas Steepe—YAAW
- Christina Rodgers—YAAW
- Arna Keerklan—Mental Health Social Worker
- Annie Fraser—Psychologist
- Dr Reid—General Practitioner (GP)
- Catherine Robinson—Vocational Specialist (IPS)
- Kevin Saul—Senior Vocational Specialist (IPS)
- (TBA)—Administration Manager
- Pat Saul—School Based Trainee
- Peter Rohr—Youth Services Manager

Em has just started at the office, whilst completing her Masters of Social Work through UNE. She will be doing both clinical and community development work, aiming to finish around the end of November. If you see her around the office, make sure you say hello!



Welcome Em!



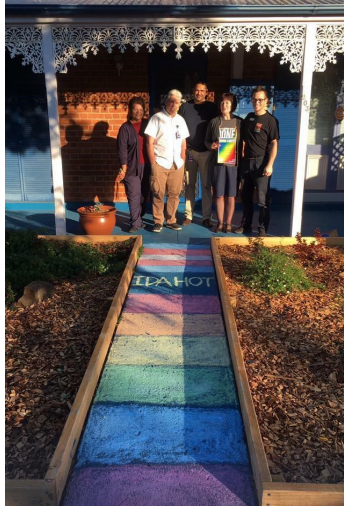
On the 10th of July 2017, **headspace** Dubbo staff alongside guests, service providers and community members unveiled a permanent Acknowledgment of Country within the centre. The plaque acknowledges and pays respect to the Traditional Owners of the Wiradjuri Nation. This unveiling is a continuation of the commitment and dedication **headspace** Dubbo staff has in engaging and assisting Aboriginal and Torres Strait Islander young people, families and communities. We were joined by representatives from Marathon Health, Department of the Prime Minister and Cabinet, Centacare, Uniting, Mission Australia, Dubbo & Orange Sexual Health, Dubbo Regional Council, Fletcher International Exports, Department of Human Services, Carers NSW, Mid Lachlan Aboriginal Housing Management Co-op, TAFE Western, Newcastle Permanent, Western NSW Local Health District and Youth Reference Group members.

Acknowledgment of Country Plaque Unveiling



IDAHOT 2017

Every year on May 17th, **headspace** Dubbo finds a way to celebrate International Day Against Homophobia, Transphobia and Biphobia. This year, with the support of ACON Hunter and Dubbo & Orange Sexual Health, we asked 10 coffee shops around Dubbo to place stickers on their coffee cups, and stamp coffee cards with a rainbow stamp. The hashtag #IDAHOT was used all over social media, and it was an important step in tackling homophobia, transphobia and biphobia in the community. A massive thank you to CSC, Mr Beans Coffee Emporium, Dahab Cafe, The Hospital Kiosk, Russo's Coffee Bar, Press, The Local Coffee Co, Muffin Break, Short Street Store and Café Delissio for their support and contribution to the event.





Thank you Newcastle Perma-

headspace Dubbo have officially become part of the Newcastle Permanent Introducer Program. What this means is if someone mentions **headspace** Dubbo when applying for a new home or business loan over \$100,000, we are able to get \$600 to go towards much needed funds for our clinical services! For more information, please head to the Newcastle Permanent website.

National Volunteers

Held from May 8th to May 12th, National Volunteers Week recognises the selfless volunteers across Australia. **headspace** Dubbo



had a pizza party to celebrate all of our volunteers that shape our centre, ranging from our Youth Reference Group, and service providers who go above and beyond their normal duties to assist where needed.



Nyngan Visit

headspace Dubbo visited Nyngan High School during the term to conduct mental health literacy to all students from Year 7 to Year 12. The topics included resilience, bullying, self-esteem, and stress management.



You will never speak to anyone more than you speak to yourself in your head. Be kind to yourself.

tinybuddha.com



Our events planned for 2017...

- ◆ World Hepatitis Day (28th July)
- ◆ Wear It Purple (25th August)
- ◆ Walk, Paddle & Ride Toward Hope (9th September)
- ◆ Multicultural Festival Dinner (9th September)
- ◆ RUOK? Day (14th September)
- ◆ Mental Health Month (October)
- ◆ Central West Pride March (14th October)
- ◆ International Day for People with a Disability (3rd December)

Recommendation

The Mental Health Line is a state-wide 24 hour mental health telephone access service.

Anyone with a mental health issue can use the Mental Health Line to speak with a mental health professional and be directed to the right care for them.

Carers, other health professionals and emergency workers can also use the Mental Health Line for advice about a person's clinical symptoms, the urgency of the need for care and local treatment options.

Mental Health Line
1800 011 511

For loads of information, resources and fact sheets, head over to our website to find out more:

<http://headspace.org.au/headspace-centres/dubbo/>



**Follow us
on Facebook**

To stay updated, make sure you check out our amazing Facebook page! We recently hit over 3,100 likes! :)



How to make a referral:

- ◆ Email - hs.dubbo@marathonhealth.com.au
- ◆ Phone - (02) 5852 1900
- ◆ Fax - (02) 5852 1999
- ◆ Pop in - 23 Church Street