



What is Dungeons and Dragons?

Dungeons & Dragons (D&D) is a world-renowned tabletop role-playing game that combines creativity, collaboration, and storytelling. In this game, you and other players take the roles of unique characters within a shared narrative story. Together, you'll embark on adventures, and forge friendships, face foes, battle monsters, uncover treasures, and complete exciting quests.

Unlike traditional games focused on scoring points or winning, the true objective goal of D&D is to craft a compelling an exciting story.

While dice, basic rules, and sometimes maps or miniatures help guide the gameplay, the most important tool is the imagination of the players

Frequently Asked Questions

Do I need to know how to play Dungeons & Dragons?

No experience is necessary! Everything will be explained, and you'll learn as you go.

What if I'm shy or nervous about speaking in a group?

That's completely fine! You can participate at your own comfort level, whether that's speaking in character or just listening and rolling dice.

What materials do I need to bring?

Nothing! All materials, including dice, character sheets, and guides, will be provided.

How are age groups handled?

Participants will be grouped with others of a similar age to ensure everyone feels comfortable and engaged.

What if I can't make every session?

That's okay! The game is flexible, and the story can adapt to accommodate participants joining or missing sessions.

Why should a young person attend this group?

The group provides a fun and supportive environment where young people can build social skills, boost confidence, and explore their creativity while making new friends.



If you need to speak to someone urgently, please call Lifeline on 13 11 14 or Kids helpline 1800 55 1800

You can also get help in person at a headspace centre located near you or via our online support service at eheadspace.

headspace.org.au/headspace-centres/
headspace.org.au/eheadspace/



headspace National Youth Mental Health Foundation is funded by the Australian Government Department of Health



Dungeons and Dragons at headspace



“Everyone is the hero of their own D&D story.”

How does Dungeons and Dragons Work?

A typical D&D game involves a group of players and a Dungeon Master (DM). Players create adventurer characters, while the DM guides the story by describing the setting, narrating events, introducing challenges, and roleplaying non-player characters (NPCs).

Players use character sheets to determine their abilities, including attributes like strength or intelligence, skills such as Investigation or Persuasion, and actions like attacking or casting spells.

The DM sets the scene and presents challenges, while players decide how their characters respond. Dice rolls, influenced by character stats, determine the success of actions, with the DM narrating outcomes.

This collaborative process drives the story, whether it's exploring dungeons, battling monsters, or uncovering secrets at a grand event.

What to Expect?

The group will consist of up to 5 young people for 4 sessions running once a week, this session will go for roughly 2 hours

You only need to bring yourself as we will have all the other resources need for you to come and join this epic adventure

The session flow:

Each Session will begin with a brief recap to catch up the players about the events of last session

Picking up where we left off with the adventure

At the end there will be time for reflection on the decisions they players have made along the way.

Why Join?

Dungeons & Dragons offers a unique opportunity to build social connections through collaboration and communication in a supportive environment. Participants can safely explore emotions, manage setbacks, and boost self-confidence while expressing creativity through character development and storytelling. The game encourages critical thinking, adaptability, and goal setting, all within a fun setting that provides a welcome escape from daily challenges.

Along the way, players develop essential life skills such as teamwork, conflict resolution, and emotional intelligence, all within a safe and inclusive space where everyone is welcome to grow and thrive.

Interested in joining?

If you're ready to embark on this journey and feel that joining Dungeons and Dragons at headspace will help you on your own journey, please speak with your clinician during your next visit

“Don't just roll the dice, live the adventure.”

