

What's available

at your local headspace this year



Who is headspace?

"who is headspace" is a workshop for young people aged 12-25, that provides an overview of services at headspace Gympie. Through interactive activities, participants will uncover the free mental health services available and how to access them.



Groups

Explore our diverse range of groups for young people aged 12-25 at headspace Gympie. Connect, learn, and create with like-minded people. Please complete our groups form to register your interest and check out our Instagram or Facebook for the most



Tailored workshops

headspace Gympie can get involved with workshops tailored to the needs of young people through consultation with your team!



Event Stalls

At headspace Gympie, we're committed to enriching school/ community events like Mental Health Week, Pride month, Youth Week, and NAIDOC Week. Please contact us for enquiries about a headspace stall at your next event!



First Nations- Stronger You Wheel

This workshop empowers Aboriginal and Torres Strait Islander young people aged 12-18 to reflect on their Mental health and Wellbeing. Through activities, students identify barriers and develop strategies, utilising the "stronger you wheel"!



To find out more!

Please contact headspace Gympie on 5482 1075 or fill in a workshop request form and return to hsgreception@youthurn.org.au