



headspace  
Horsham

# January newsletter

everything happening within our centre  
& the community at large for our young people



# meet the Horsham team



**U'Nita**  
*team leader of clinical services*



**Louie**  
*trained therapy dog*



**Shantu**  
*snr mental health clinician*



**Anna**  
*case manager*



**Rob**  
*mental health counsellor*



**Charlotte**  
*snr mental health clinician*



**Trina**  
*team leader of centre ops*



**Ash**  
*youth peer support worker*



**Cass**  
*community engagement*



**Mark**  
*community engagement*



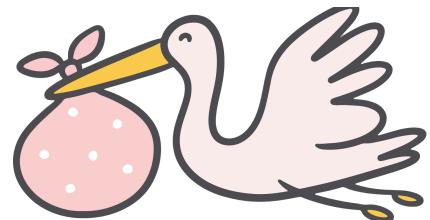
**Haylie**  
*client services*



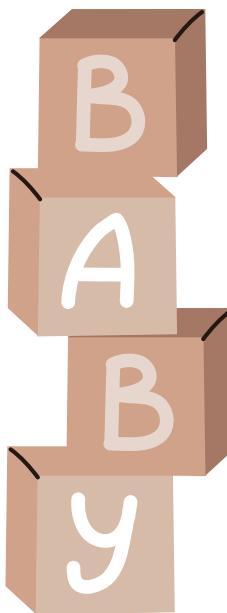
**Kate**  
*centre manager*

# 👋 Farewell Alisha! 👋

On 19<sup>th</sup> December 2025, the team said a temporary goodbye to our amazing Alisha who is going on maternity leave in 2026! We wish her all the best for her new family and for the new year! We will miss you Alisha!



Farewell and



Good Luck!

# 👋 Farewell Charlotte 👋

On the 9<sup>th</sup> January, the team will be saying goodbye to our incredible Charlotte who has been at headspace for 3 and a half years! We wish her all the best on her next endeavors and we will most certainly miss your laugh lighting up the centre!

Farewell and

BYE!



Good Luck!

miss you  
😊

Good Luck

# LGBTQIA+ Dates for Jan

## Midsumma Festival: 18<sup>th</sup> Jan - 8<sup>th</sup> Feb

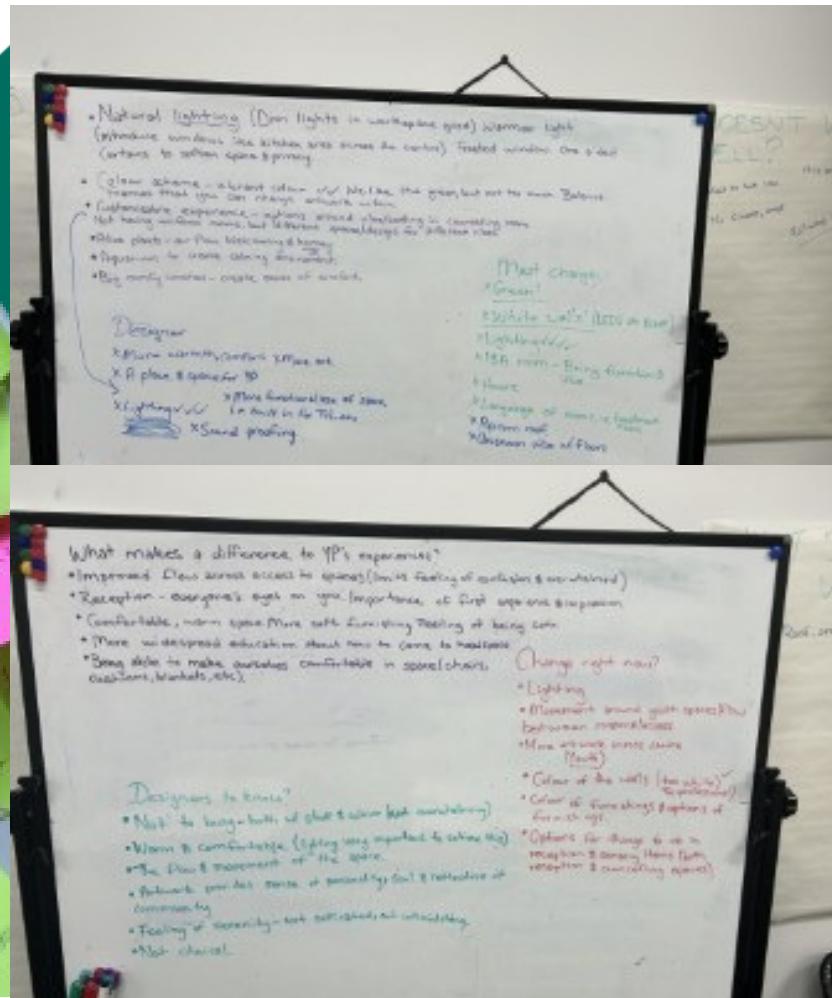
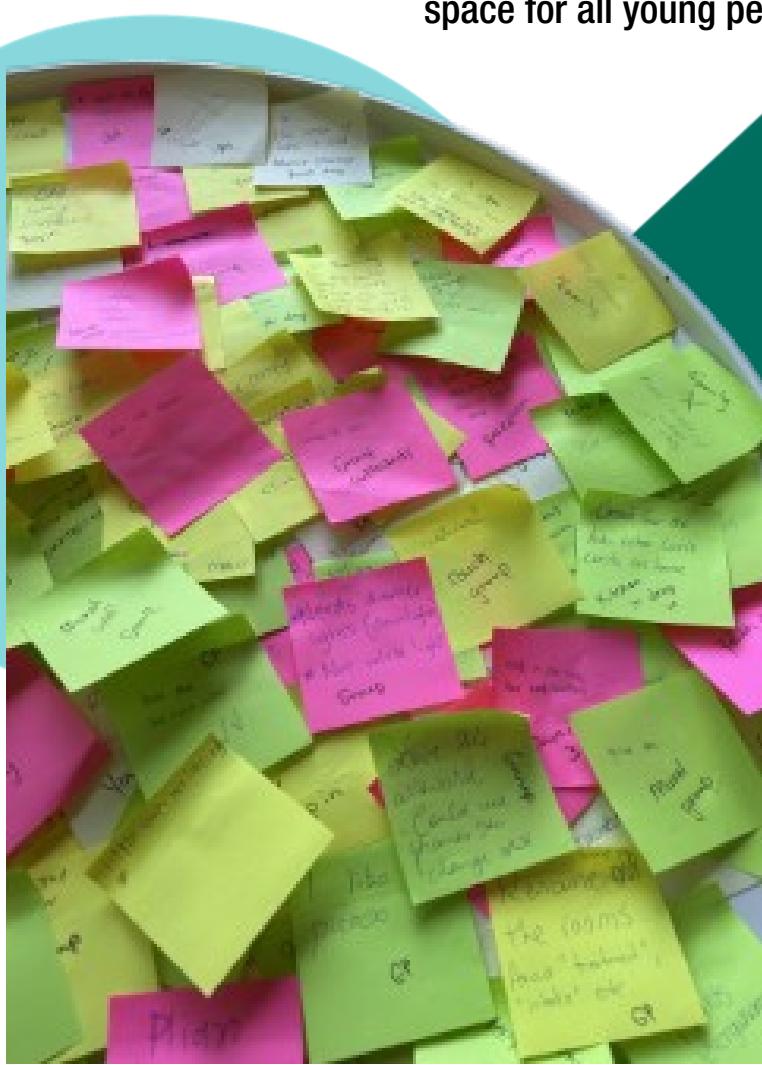
The Midsumma festival takes place on Sunday 18<sup>th</sup> of January to the 8<sup>th</sup> of February 2026 that celebrates a wide range of LGBTQIA+ events in Melbourne. The festival brings together a diverse mix of LGBTQIA+ art and performances for a wide range of audiences.

In January you can look forward to the Midsumma Carnival which kick starts the festival with a full park takeover of the Alexandra Gardens beside the Yarra River in Melbourne! Enjoy a range of stalls, performances, food and drink and even a dog parade!



# headspace Horsham Reno! 🚧

Early in December Trina ran two youth consultation workshops to contribute to the redesign of the centre. The workshops brought together a diverse group of young people, including both those that have received supports from headspace and those that have never come to headspace before. To champion the voice of young people, both groups participated in an interactive activity where they walked through the centre and placed post-it notes in each space thinking about how it looked and felt to them. They were given three different coloured post it notes: Green representing: 'I like this, this works and feels good', yellow representing: 'This could work but something isn't quite right about it.' And pink representing: ' Nope, I do not like this and it does not work'. The combination of this activity and a group discussion held at the end of the workshop, allowed young people to share their ideas, needs, and priorities for how the space should look and function. This approach ensured that the redesign of headspace Horsham reflected a wide range of perspectives, capturing both the experiences of those already engaged with the centre and the expectations of young people who may use it in the future. The feedback gathered will directly inform the final design around the look and feel of the centre, helping to create a welcoming, accessible, and safe space for all young people across the Wimmera.



# headspace Christmas break up

To celebrate the holidays as a team, the centre closed the doors early on Friday 19<sup>th</sup> December to come together one last time before Christmas.

Each member of the leadership team chose a different activity and our centre manager Kate started off the celebration with a lovely and relaxing mediation session at Holistic Haven in Horsham!



We then returned to the centre to participate in some other activities with Trina leading a drawing game and U'Nita introducing us to extreme charades. It was a great chance for the team to come together and bond with one another outside of work!

While we didn't take any pictures, we can guarantee you that we all had a blast and hope that everyone had an enjoyable holiday period!



# we are hiring!

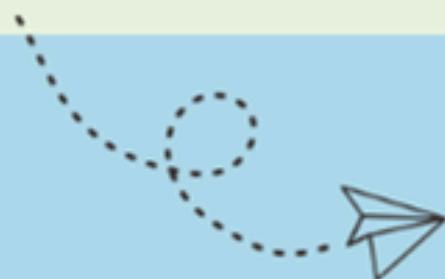
are you aged 15-25 and passionate about youth mental health?

do you want to grow your leadership and advocacy skills?

do you want to make a difference for young people in your community?

do you want to be PAID for your expertise?

**apply for headspace  
Wimmera Youth today!**



scan here to apply



# common myths and facts about mental health difficulties

## Myth

**Family and friends can't help people with a mental health difficulty.**

## Fact

Family and friends, as well as the wider school, work and community network, play an important role in supporting young people recovering from mental health difficulties. Family and friends have an ongoing connection with the young person and can offer understanding and practical support that makes a big difference.

## Myth

**Mental health difficulties are caused by genetics.**

## Fact

Mental health difficulties and mental ill-health are complex and can occur for different reasons. Things like grief, relationship break-ups, bullying, exams, family conflict – also called environmental factors – are some of the most common contributors to the onset of mental ill-health in young people.

While environmental factors can worsen any genetic vulnerability, they can also help. For example, a strong family support system can go a long way towards preventing onset of mental health difficulties.

## Myth

**People don't recover from periods of mental ill-health.**

## Fact

Most people recover from mental ill-health. In fact, recovery is more likely than not. With the right treatment and support, people commonly return to wellness, as well as learn lifelong skills that help handle life's tough times if they occur in the future.

While some people can experience multiple episodes throughout their life, these learned skills can reduce the duration and severity of these periods, and increase someone's capacity to live the life they want during periods of illness.

# which service is right for my young person?



## headspace centres

headspace centres provide face-to-face information, support and intervention (either appropriate to young people aged 12–25 or anything affecting their health and wellbeing). Support may be offered across any of the headspace four service areas (read about these areas on page 4). Many headspace services also offer group support/programs in addition to individual support. To find out about the services that are available or to make an appointment on behalf of your young person you can call, email or drop into your local headspace centre.

We have many resources on our website ([headspace.org.au](http://headspace.org.au)) to help you take care of your young person's health and wellbeing. If they've been using these resources for some time without improvement it's important to get the support of a professional. Here's a list of our services to help you work out what might be right for them.



## eheadspace

headspace is a national online and phone support service for people aged 12–25, their families and friends. eheadspace is staffed by experienced and qualified youth mental health professionals.

### Web-chat and phone support

Operates from 8am – 1am (AEST), every day of the year. All they need to do to access eheadspace is create an account at [headspace.org.au](http://headspace.org.au) (for web-chat or email support) or call 1800 650 890.

The service operates within business hours, and we will try and find an appointment time that works for your young person. Work and study sessions usually take an hour.

### To access the Work and

study service, all your young person needs to do is register at [headspace.org.au](http://headspace.org.au).

workandstudy (for web-chat and email) or phone 1800 810 794. All Work and Study services are free, but if called from a mobile the usual call charges will apply.



## Work and study

headspace Work and Study is an online and phone support service for people aged 15–25 years who need support with work or study. It is staffed by work and study specialists.

The service operates within business hours, and we will try and find an appointment time that works for your young person. Work and study sessions usually take an hour.

### To register interest in Career

Mentoring, your young person can visit [headspace.org.au/mentoring](http://headspace.org.au/mentoring).

All Career Mentoring services are free. If a young person is connecting with their mentor by phone, they will be given a toll free number to call.



## Career Mentoring

In regional and rural areas, getting access to expert psychiatrists is difficult. headspace Telehealth addresses this by providing 12–25 year olds in these areas access to highly-skilled psychiatrists via video consultations. The low cost service ensures young people get high quality mental health care, while continuing their treatment within their local community.

Read more about headspace Telehealth at [headspace.org.au/telehealth](http://headspace.org.au/telehealth)



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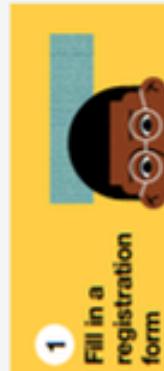
Read more about headspace Telehealth at [headspace.org.au/telehealth](http://headspace.org.au/telehealth)



# what might happen if I visit headspace?

## at the first visit

Your first visit may be in person, or on the phone. At the first visit you will:



**1**  
Fill in a registration form



**2**  
Complete a brief online survey



**3**  
Talk to a headspace worker

**4**  
Be given the opportunity to:

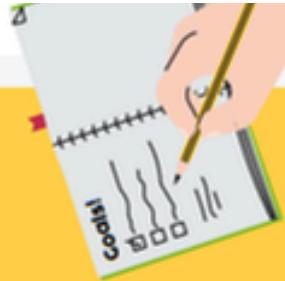
- share what's been impacting your wellbeing
- talk together about what goals you might want to work on.

If you feel comfortable, family members are encouraged to attend.

## after the first visit

If you choose to continue at headspace, together we might work on goals you've identified as important to you. We would work together to plan the next steps which may include:

- access to a doctor and/or mental health nurse for physical or mental health difficulties
- study or vocational assistance with a work and study specialist
- sexual health information and support
- alcohol and other drugs assistance from an Alcohol and other Drug Support Worker
- referral to other agencies best suited to you and your family's needs. If you need a referral from a doctor to access a particular service, we can arrange this
- mental health support, such as cognitive behavioural therapy (CBT), problem solving, supportive counselling and group therapy.



We take your confidentiality, privacy and safety seriously. Read more about confidentiality and our duty of care on page 16.



## who provides services at headspace?

At headspace, you can meet with a range of workers, including:

- psychologists
- social workers
- occupational therapists
- mental health nurses
- doctors
- psychiatrists
- intake workers
- youth workers
- family workers
- Aboriginal and Torres Strait Islander health workers
- alcohol and other drug workers
- career and education workers
- support workers
- peer support workers
- and other health professionals.

These professionals work together to make it as easy as possible for you and your family to get the help you need.

Each headspace centre caters for their local community, and may not have all of the workers listed here. Make sure to check with your headspace centre about what services they provide. If they don't have the exact service you're looking for, they will be able to help recommend or suggest another service.

## how to contact headspace

our centre is open Mon - Thurs 9-6pm and Fridays 9-5pm



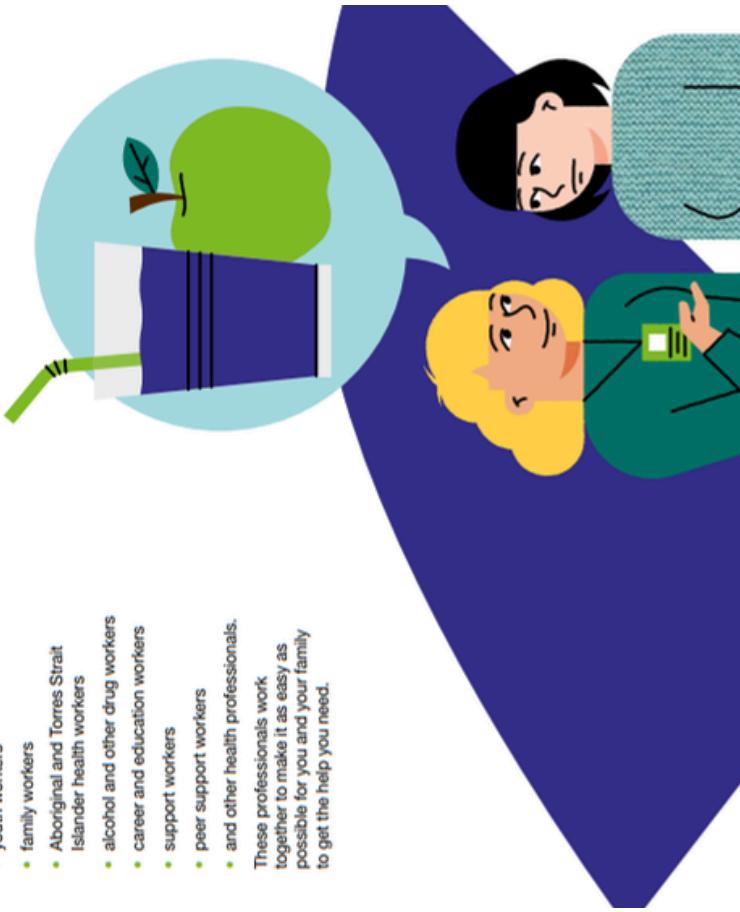
5381 1543

[info.headspacehorsham@vt.uniting.org](mailto:info.headspacehorsham@vt.uniting.org)

or follow us on our socials



77 Hamilton Street  
Horsham, Victoria



# Are you or someone you know between the ages of 12 and 25 ?

Are you needing a little more support with:

Mental health & wellbeing?

Alcohol & other drugs?

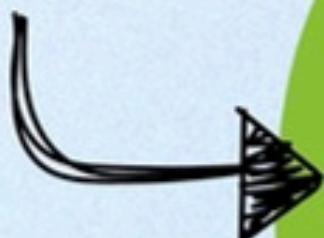
Physical & sexual health?

Work & Study?

headspace is a FREE counselling and support service for young people



If you are looking for  
support, follow this QR  
code





VICTORIAN  
INDIGENOUS  
SURFING PROGRAM



# WARRNAMBOOL BEACH AND SURF DAY

Aboriginal and Torres Strait Islander Surf & Beach Day

Date: Wednesday 14th January 2026

Parent or carer must attend with child  
Lunch and transport supplied

You must be able to swim & be 6 years or older to surf

All surf equipment will be supplied

Please bring bathers, towel, sunscreen, water bottle  
and a change of clothes.

Registration required, please contact:  
Kym Bateson - 0447 846 250



UNCLOUD.ORG



an initiative of  
VicHealth



HINDMARSH SHIRE

YOUTH  
COUNCIL

**APPLY  
HERE**



# 2026 YOUTH COUNCIL applications – extended

If you are between the age of 12-18 years, *we would love to hear from you!* Joining Youth Council gives you the chance to make a positive contribution to your community and plan events that benefit young people across the Shire.

**APPLY TO JOIN THE HINDMARSH SHIRE  
YOUTH COUNCIL TODAY!**

Visit [www.hindmarsh.vic.gov.au/our-youth-councillors](http://www.hindmarsh.vic.gov.au/our-youth-councillors) for more information!

## CONTACT US

[info@hindmarsh.vic.gov.au](mailto:info@hindmarsh.vic.gov.au)  
**(03) 5391 4444**

It's important to us that our Youth Council is inclusive. If you have any questions about inclusivity or accessibility, we'd love to chat to you! Reach out using the contact details above.

# THE STATION

16 PYNSENT STREET, HORSHAM

## YOUTH MAGAZINE

### CREATIVE

### TEAM WANTED



**Have your say, get creative, build skills, and be part of a magazine made by young people, for young people.**

- **Launching in 2026**
- **Creative Team required on Wednesdays (during school terms)**
- **4:00pm-5:15pm**



**REGISTER  
INTEREST  
HERE**

For more information, email [larissa.riddell@hrcc.vic.gov.au](mailto:larissa.riddell@hrcc.vic.gov.au)



# Heatwave Pop-up

Get out of the heat and cool  
down at The Station!

Wednesday 07.01

Thursday 08.01

2:00pm - 5:00pm

Movies

Board Games

Simple craft activities

 HORSHAM  
Youth

**THE FUTURE IS YOURS—LET'S CREATE IT TOGETHER!**

# **ENVIRO FAIR 2026**



## **PLANNING COMMITTEE MEMBERS WANTED!**

**Be part of the team (aged 10 – 25) that organises eco-friendly initiatives, plans interactive activities, & makes sustainability fun and inspiring.**

**Meetings held on Tuesdays (during school terms) @ 4:00pm – 5:15pm**

**APPLY TO BE A COMMITTEE  
MEMBER VIA**

<https://forms.office.com/r/19PxQdM7Zf>



# Writing Hour

at the Nhill Library

Third Thursday of every month

1pm - 2pm

All welcome



Hindmarsh  
Shire Libraries

Nhill Library  
5 Clarence Street  
03 5391 4449



ory  
gen

## You're invited to the Right Here, Right Now study!

Orygen and the University of Melbourne are seeking young people aged 13-25 for a new study.

This study will involve downloading an app and completing some brief surveys each day (2-3 mins per survey), over 6 days.

These surveys will ask about mental health issues, thoughts of suicide, and self-harm – as they happen.

This is so we can understand what causes these thoughts and urges, and what can help other young Australians.

You will be paid for your participation.

### INTERESTED?

Visit the link to learn more, complete a short form, and book a time for a Welcome Interview with our team.

[https://redcap.link/rhrn\\_study](https://redcap.link/rhrn_study)





## mental health & wellbeing connect

Free for family, carers and supporters

Grampians



# Grampians Mental Health and Wellbeing Connect

## For Families and carers

We will provide a warm and welcoming space for family, carers, kin and supporters of all ages and backgrounds of people with mental health and/or substance use challenges. You will be able to connect with peers, access tailored information, resources, advocacy, peer support (individual and group-based), and support access to brokerage funds.

All of our staff have a lived experience of supporting someone. We are here to listen to families, carers, kin and supporters, and we offer a variety of supports based on your specific needs. We work across the Wimmera and Central Highlands regions providing support in-person and over the phone.

Call 1800 962 008

Email [GrampiansMHWConnect@mindaustralia.org.au](mailto:GrampiansMHWConnect@mindaustralia.org.au)

Support is available for people in the Ararat, Ballarat, Golden Plains, Hepburn, Hindmarsh, Horsham, Moorabool, Northern Grampians, Pyrenees, West Wimmera, and Yarriambiack local government areas.

In partnership with



# Heat can be fatal

There are ways to **stay safe**

**H**

Home and living conditions

**E**

Environment and social exclusion

**A**

Age and underlying conditions

**T**

Taking certain medications

**S**

Stay cool and drink water

**A**

Avoid being outside in the heat of the day

**F**

Phone family and friends

**E**

Emergency alerts and weather warnings



A Grampians region collaboration  
Grampians Public Health Unit

Grampians Health  
Grampians Public Health Unit

Funded by  
Australian Government  
VICTORIA State Government

