



**headspace**  
Horsham

# june newsletter

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



# 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

**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.

## 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.

# meet the Horsham team



**Zunaira**  
*youth counsellor*



**Charlotte**  
*youth counsellor*



**Alisha**  
*community engagement*



**Anna**  
*case manager*



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



**Cass**  
*youth outreach*



**Ash**  
*LGBTQIA+ peer worker*



**Jordan**  
*youth peer worker*



**Rob**  
*social work student*



**Louie**  
*trained therapy dog*



**Jasmine**  
*client services*



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



# meet the Horsham team (continued)



**Kate**  
*centre manager*



**Andrea**  
*careers consultant*



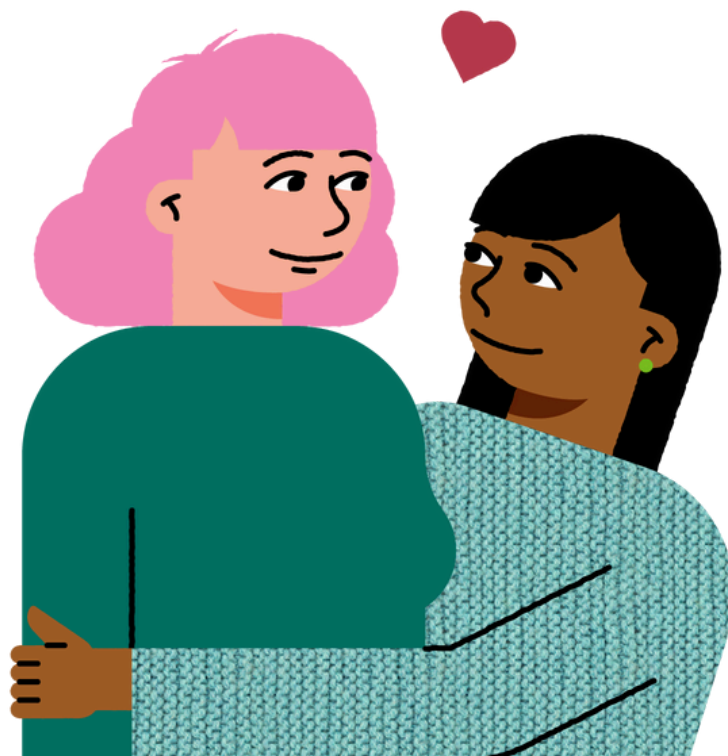
# LGBTQIA+ Dates

We have a special month coming up, probably the most celebratory for the LGBTQIA+ community. Check out what's in store:

June: Pride Month!

28 June: Stonewall Riots Anniversary

Let's take a moment to celebrate this awesome month! They're a chance for us to raise awareness, bring people together, and spark real change across the world!



# Stawell Secondary College Presentation

And we're back! Part two of our Coping Skills presentation at Stawell Secondary College was all about doing rather than just listening. Year 11s got hands-on with bubble blowing (yep, breathing exercises never looked so cool), muscle relaxation that had us melting like marshmallows, and some mindfulness to help with those big Year 11 feels. We brought the calm, one bubble at a time.



# Farewell, Jas

Big shoutout to Jas, who's been holding it down at reception for the past couple of months while covering a secondment!

From jazzing up the reception area (see what I did there 😊) to brightening up the young people's days, Jas brought warmth, energy, and genuine care that made everyone feel welcome.

We'll miss your cheerful vibes and good chats! We wish you all the best on your next adventure. You've definitely left your sparkle behind!





# Next Gen Legends

Eight legends. One console. Endless laughter. Our Next Gen Legends gaming group is back in action, and we kicked things off Mario Kart-style, red shells were flying, banana peels were everywhere, and friendships were tested (but mostly survived). With 7 more weeks of gaming goodness ahead, keep an eye out for more updates... and maybe a few power-ups!



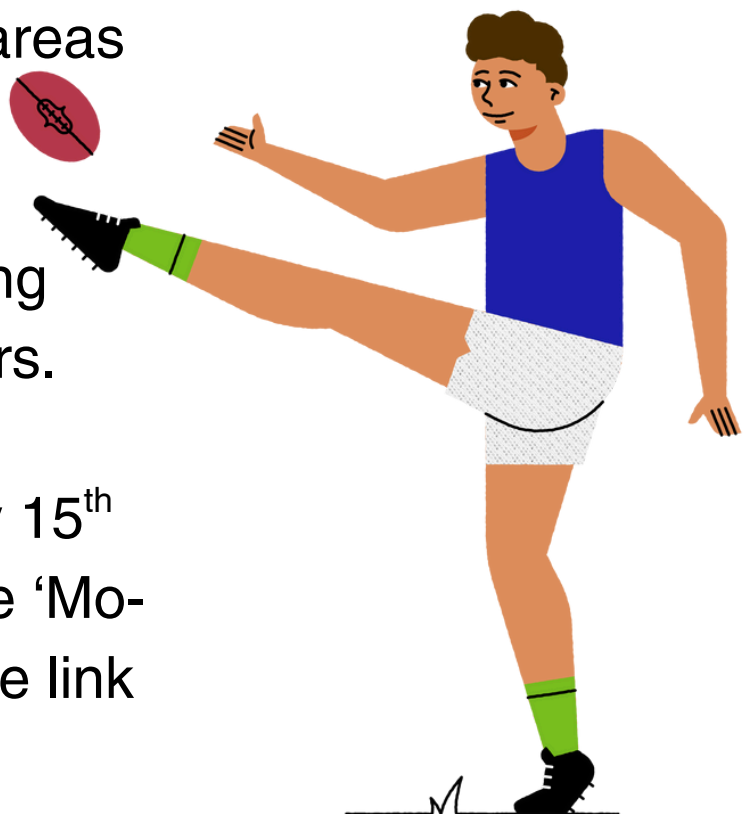
# Mo-Yac

Headspace and Movember are teaming up to create the first ever Youth Action Council (Mo-YAC) and they're looking for 10 young men, aged 16-18 to be a part of it.

If you're passionate about mental health, want to speak up about your experiences, and are keen to develop leadership skills, this is your chance! No experience needed, just your voice and ideas.

You'll get to:

- Share thoughts on mental and physical health
- Help shape projects in areas like sports, gaming, and more
- Connect with other young men and industry leaders.



Applications close Sunday 15<sup>th</sup> June! For more info, Google 'Mo-YAC headspace' or click the link [here](#)

# This Month In hWY

New name, who dis? YRG has officially rebranded, and we're loving the new vibe. Say hello to hWY (pronounced "highway"), aka headspace Wimmera Youth. Big thanks to the team for putting their creative brains to work. Buckle up, it's going to be a great ride with hWY!

## YMHFA Training

Over the past couple of weeks, Alisha has been busy training churchgoers in Youth Mental Health First Aid. They've been learning how to support young people experiencing mental health challenges, and doing it all on a Saturday! Huge thanks to everyone who showed up, and to Alisha for bringing the knowledge and compassion.



# IDAHOBIT DAY

Ash zipped over to Horsham College to celebrate IDAHOBIT Day with a fabulous lunch. Big shoutout to the school captain and a Rainbow Group member for their heartfelt speeches. There were plenty of Minus 18 goodies that the students happily pounced on and jelly slice that was to die for! Thanks for the invite, Horsham College!

Later that evening, Ash teamed up with Ari from Horsham Youth for an IDAHOBIT craft night that had more paper and glue than an arts supply store. We made keychains, we junk journaled, we got messy. It was so much fun Ash forgot to take photos (oops!). Thanks to Tarsha and Katie from Uniting for joining in!

# which service is right for my young person?

We have many resources on our website

([headspace.org.au](https://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.



## headspace centres

headspace centres provide face-to-face information, support and intervention (where appropriate) to young people aged 12-25 for 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.



## headspace

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

Web-chat and phone support operates from 9am – 1am (AEST), every day of the year. All they need to do to access headspace is create an account at [headspace.org.au](https://headspace.org.au) (for web-chat or email support) or call 1800 650 890.



## 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 access the Work and Study service, all your young person needs to do is register at [headspace.org.au/workandstudy](https://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.



## Career Mentoring

Career Mentoring is an online and over the phone service that connects young people aged 18-25 with an industry mentor in their field of interest. Mentors work with young people to help them find, maintain and enjoy work.

Mentoring occurs every two weeks, for up to six months.

To register interest in Career Mentoring, your young person can visit [headspace.org.au/mentoring](https://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.



## headspace Telehealth

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](https://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:

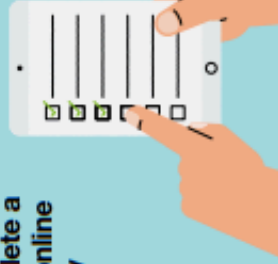
1

Fill in a registration form



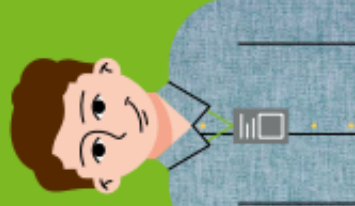
2

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.



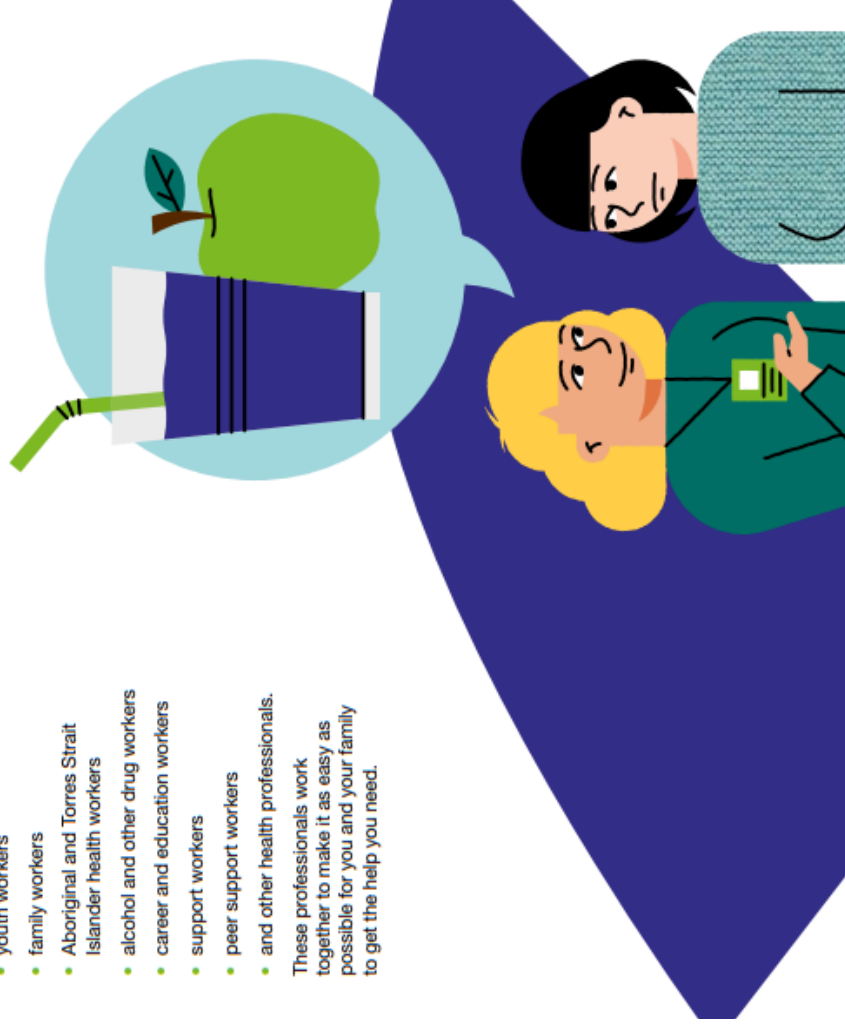
# who provides services at headspace?

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





GOOLUM GOOLUM

# YOUTH DROP IN

FOR 12 - 18 YEAR OLDS

MONTHLY GROUP TO HANG OUT,  
PLAY GAMES, HOMEWORK HELP AND  
HEAPS MORE FUN ACTIVITIES!

4:00PM - 6:00PM

AUNTY IRENE ROOM

43 HAMILTON ST, HORSHAM

\*DATE TO BE CONFIRMED EACH MONTH

ALL SNACKS AND DRINKS PROVIDED

\*GUARDIAN PERMISSION REQUIRED

\*FOR ABORIGINAL AND TORRES STRAIT  
ISLANDER YOUTH ONLY

FOR MORE INFORMATION PLEASE  
CONTACT HANNAH ON 0484 268 536



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



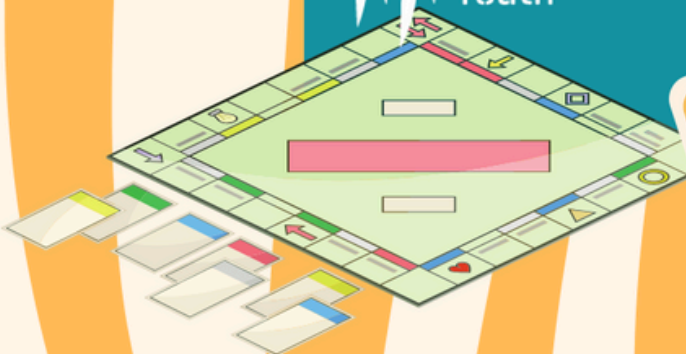
# Open House

The Station will be open to come and hangout every Thursday for all young people (10 - 25) during the school term from 4pm - 6pm

Come chill in our big comfy beanbags on your own or with your friends, watching a movie or listening to music.

Snacks and other activities also available

‘The Station’ - 16 Pynsent Street Horsham



# Anime and Manga Club

**Have an interest in  
Anime and Manga?  
Join Us!!**



**4-5:30pm @ The Station**

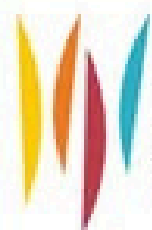
**Up Coming Dates:  
26th February  
26th March  
30th April  
28th May  
26th June**

**Activities, snacks and drinks  
provided!**

**For ages 13-25**

**Any questions email Ari:  
[arianna.vettos@hrcc.vic.gov.au](mailto:arianna.vettos@hrcc.vic.gov.au)**

**Register via QR code**



**HORSHAM**  
Youth



# CULTURAL FUSION

## EDENHOPE



COMMUNITY EVENT - EVERYONE IS WELCOME!



**FILIPINO BANQUET LUNCH \$10**

SPRING ROLLS, PAN SIT (NOODLES)  
BIKO (DESSERT)

**PRE-ORDERS ONLY:**  
**TEXT 0409 215 696 BY 10 JUNE**



**\*LIVE MUSIC**

**\*DANCERS**

**\*KIDS' ACTIVITIES**

**\*PRESENTATIONS**

**THURS 12 JUNE**

**12 - 3PM**

**EDENHOPE COMMUNITY CENTRE**

76 ELIZABETH STREET, EDENHOPE

BROUGHT TO YOU BY



**Grampians  
Health**

FOLLOW 'GRAMPIANS HEALTH EDENHOPE' FACEBOOK PAGE FOR MORE INFORMATION

# UNDERSTANDING CONCUSSION IN SPORT



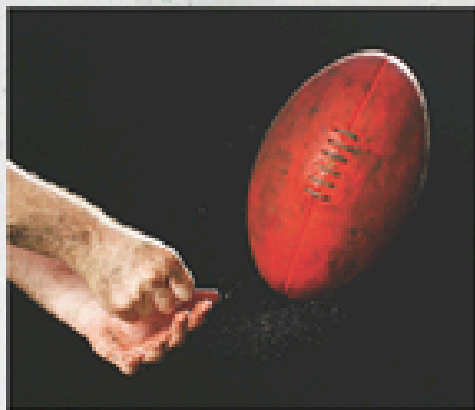
SCAN HERE

Sport is meant to be fun — but safety comes first. Join us for a **FREE**, in-person community seminar to learn how to recognise, manage, and prevent concussion in sport

**23RD JUNE 2025 6:30 PM - 7:30 PM**

**FREE SEMINAR AT KANIVA COMMUNITY HUB**

**DELIVERED BY CASEY KOSCH FIRSTAID TRAINING**



## WHAT YOU NEED TO KNOW





# What's On

# June 2025

## HORSHAM & SURROUNDS

Every Saturday morning

### Wimmera River Parkrun - Horsham

Start your pace every Saturday with Park Run, jogging or walking along the scenic Wimmera River, meeting at Sawyer Park in Horsham at 8am, and feel free to bring your friends, family, or pets. Volunteers are always welcomed too.



Monday - Sunday

### Events @ The Horsham RSL

The RSL offers a variety of events and activities! June offers, **Cent Auction, Kings Birthday Free Kids Night and Rodney Vincent & Brian Letton, with a Dinner Show and Morning Melodies.** Visit their website for details at: [horshamrsl.com.au/upcoming-events-1](http://horshamrsl.com.au/upcoming-events-1)

First & Fourth Monday each month

### Haven Arts and Crafts

Come and join in on art and crafts sessions at Haven Hall from 1pm to 3pm. Whether you're a seasoned artist or just looking to try something new, our sessions offer a perfect opportunity to explore your creativity in a relaxed and welcoming environment. An ideal way to unwind, learn new skills, and connect with people.

Every Friday or By Appointment

### DALKI GARRINGA - Native Nursery

Dalki Garringa owned and managed by the Barengi Gadjin Land Council. They specialise in growing native plants. The nursery is located at 127 Wail Nursery Rd, Wail, opened from 9am to 4pm. Grab a coffee while you look around! For more information visit their website or call 03 5389 1733

Wednesdays & Saturdays

### Horsham Urban Landcare

The Horsham Urban Landcare team has a busy schedule each month! Join the Boomerang Bag Working Bee at the Senior Citizens Centre on the 2nd Wednesday, the Produce Swap at The Patch (Salvation Army Garden) on the 3rd Saturday, and the Repair Café at the Neighborhood House on the 4th Saturday.

Saturday 7th

### Haven Market

The Haven Market is just 5km from Horsham, conveniently located alongside the Henty Hwy. Open from 9am to 1pm, the market offers a wide range of stalls featuring locally grown produce and homemade goods, something for everyone to enjoy! All set up at the charming Haven Recreation Reserve.

Saturday 7th

### Live Music @ The VIC

The boys from Engine 45 are bringing the noise to The Vic this weekend! Get ready for a high-energy night of live music that'll have you on your feet and jumping. The show kicks off at 8.30pm — but why not make a night of it? Come by early for a delicious dinner.

Sunday 8th

### Natimuk Farmers Market Plus

Explore the Natimuk Showgrounds from 10am-1:30pm and discover a local market that features an array of handmade items, local produce, and treats. The entry fee is a gold coin donation at the Natimuk Showgrounds.

Sunday 8th

### Smoke on the water

Join Maydale Reserve's annual winter event during the King's birthday long weekend with food trucks, wineries, and live music by the Wimmera River. Families can roast marshmallows, play games, explore the reserve, and kids activities. Starts at 12pm to 7pm. Tickets can be brought at [trybooking.com/events/landing/1316948](http://trybooking.com/events/landing/1316948)

Saturday 14th & Sunday 15th

### Peter Stevens Victorian Senior Motorcross titles

Round 3 of the Peter Stevens Victorian Senior Motocross Titles is here! Watch Victoria's best senior riders battle it out for championship in an adrenaline-packed weekend. Held at 640 Henty Highway Doon, 7am to 5pm.



**Horsham & Grampians Visitor Information Centre**  
Open Daily 10am-4pm (Closed ANZAC Day, Good Friday & Christmas Day)  
Located within Horsham Town Hall - 71 Pynsent Street Horsham  
Free Call 1800 633 218 | [tourism@hrcc.vic.gov.au](mailto:tourism@hrcc.vic.gov.au) | [visithorsham.com.au](http://visithorsham.com.au)



Please note that all events are correct at time of distribution. Horsham & Grampians Visitor Information Centre take no responsibility of any advertised events that have been postponed or cancelled.

# What's On HORSHAM & SURROUNDS

Monday 19th

## Understanding Autism Workshop

Join autism advocate Bryce Pace for his one-of-a-kind Understanding Autism Workshops. Learn about autism, neurodiversity, and how to create more inclusive spaces, event starts from 10.30am to 5pm.

Register here: [brycepaceautismadvocate.com/events](https://brycepaceautismadvocate.com/events).

Saturday 21st

## Back to the 80's

Calling all 80s lovers, the ultimate Back to the 80s Night Extravaganza to town. Get ready for a throwback night packed with big hair, leg warmers, neon vibes, and all your favorite 80s anthems. Starting from 6pm, with Tickets at \$55! Purchase your tickets at Up Tempo or call 5347 0038

Saturday 28th

## Jung Market

Held at the Jung Recreation Reserve on the last Saturday of every month, excluding December when it is held on the third Saturday, from 9am to 1pm. The market has a wide range of local produce & products from stall holder.

## Horsham Regional Art Gallery Exhibitions

### Kaleidoscope

Friday 30th May - Thursday 5th October

**View from here: Highlights from the**

**National Gallery collection** - Saturday 8th March - March 2027

**Extending the view: Landscapes from Our Region's**

**Public Collections** - Saturday 8th March - Sunday 22nd June

**Mack Jost Gift Exhibition** -

2024 - 26th January 2027

**Beau Ladlow: The Male Gaze** -

Saturday 8th March - Sunday 22nd June

**SALT, SKY & DUST: A Wimmera Palette** -

Saturday 8th March - Sunday 22nd June

### FOR KIDS

**Term 2:**

**Mini Makers Storytime** -

Thursdays: 5th June, 2pm Start

**Creative Minds** - Tuesdays: 3rd June 4pm Start

**Drama Up!** - Wednesdays: until 2nd July 4pm Start

### Workshops:

**Life Drawing:** 15th, 2pm Start

## Horsham Town Hall Performances

**IMAGINE LIVE** - by Jolyn James . Based on the book Imagine by Alison Lester

17th June, 1.00pm

**The Stars of Countdown Live in Concert 2025**

20th June, 7.30pm

**Creedence Clearwater Collective 2025**

21st June, 7.30pm

**The Bushwackers**

22nd June, 1.30pm

**Yes Yes Yes School performances by Eleanor Bishop & Karin McCracken**

24th June 10.30am



For more details & tickets for events on at Horsham Town Hall & Horsham Regional Art Gallery, scan the QR or call 03 5382 9555

Holding an Event in Horsham & Surrounds? Email your event details to [tourism@hrcc.vic.gov.au](mailto:tourism@hrcc.vic.gov.au) to be included in our Monthly What's On



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# KALEIDOSCOPE

## COMMUNITY GALLERY EXHIBITION INFORMATION SESSION



Horsham Regional Art Gallery invites local emerging and established LGBTQIA+ artists in the Wimmera to share their stories, challenge norms, and express their identity through art.

Held in partnership with local organisations, the Community Gallery exhibition fosters dialogue, visibility, and solidarity within and beyond our queer community.

**THURSDAY 5 JUNE  
6:00PM - 6:45PM**

**HORSHAM REGIONAL ART GALLERY**

For more  
information and  
to register:



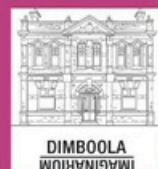
**HORSHAM**  
REGIONAL ART GALLERY



MAJOR SUPPORTER



EXHIBITION SUPPORTER





Stawell Market  
1st Sunday of the Month  
Stawell Harness Race  
Track  
78 Patrick Street Stawell  
3380

**9am-1pm**