



headspace  
Horsham

# June 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



**Shanu**  
snr mental health clinician



**Anna**  
case manager



**Rob**  
mental health counsellor



**Trina**  
team leader of community awareness



**Mark**  
community engagement



**Cass**  
community engagement



**Haylie**  
client services



**Kate**  
centre manager



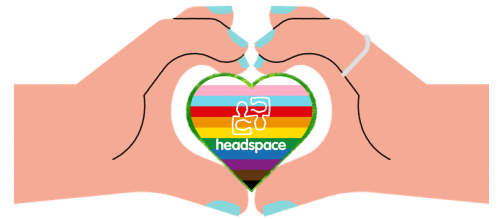
**AK**  
mental health counsellor

# LGBTQIA+ Dates for June

## June is Pride Month:

Pride month spans across the entirety of June bringing awareness and recognition to all of the positive impacts and influences that LGBTQIA+ people have had throughout the world.

LOVE  
WINS



## Why do we celebrate in June?

Pride month is held in June to honour the 1969 Stonewall Riots/uprising which marked the beginning of global awareness towards the LGBTQIA+ community. The riots began spontaneously in 1969 at a gay bar in New York after police officers raided the bar and were roughly ejecting patrons. The mood soon shifted and in protest customers started to throw items at the officers. The Stonewall Inn was already a hotspot for harassment towards the LGBTQIA+ community from police, however this was the first time that the patrons fought back. During this time, it was illegal to be in any kind of gay relationship so speaking up would mean facing legal repercussions. This is what made this such an impactful event and eventually paved the way for other pride marches and protests.



♥ Welcome AK! ♥

## New staff member alert!!!

Meet AK, who is the newest addition to our team. She comes all the way from Sydney and brings good vibes and a wealth of knowledge! We can't wait for everyone to get to know her bubbly personality as she establishes herself into her new role!



Fun Fact: Akshika LOVES tiramisu!!!



# Design workshop



During May Trina went out into the community representing headspace to join in on mural design workshop with Jimmi Buscombe! The workshop was all about sharing ideas and creating designs for an upcoming mural display on an NBN electrical box in Horsham.

Alongside Trina were representatives from the local police, Horsham Rural City council, Horsham Regional Art Gallery and The Station who all took part in the creativity with the young people. Together the group created some beautiful artwork that will inspire artist Jimmi Buscombe when it comes time for him to bring the vision to life!





# The Push Up Challenge



From push-ups, to squats and lunges, our legs are jelly! From the 3<sup>rd</sup> to the 26<sup>th</sup> of June some teams at Uniting and headspace Horsham will be raising funds for the centre by doing either 3,307 or 1,654 push-ups!

The target of 3,307 represents the number of lives lost to suicide in 2024 and all fund go towards different mental health initiatives for suicide prevention.

So far, our teams have been motivated by engaging in some friendly banter and sharing our efforts with one another by taking some pretty funny pictures!



Did you Know that the push up challenge was originally founded in 2017 and has since raised over \$70 million for mental health programs and services?

# 4 ways to get free online help with achieving your work or study goals

## headspace Work & Study Online Support

Free, tailored 1-on-1 support for young people aged 15-25 on everything from study and education options to job hunting and career advice.

## headspace Career Mentoring

Kick start your career through online mentorship with an experienced working professional. They'll share career insights to support your professional journey, and you'll be matched based on your career interests and goals.

## Online resources

Access a range of articles and interactive activities to help you write your resume, prepare for job interviews, study for exams, manage work or study related stress and anxiety, and more.

## Group chats

Hosted by trained peer moderators, chat with others about anything work and study related, like resumes, interviews and study habits.

# 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.

## 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.



**eheadspace**  
eheadspace 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 9am – 1am (AEST), every day of the year. All they need to do to access eheadspace 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](https://headspace.org.au) or [workandstudy](https://workandstudy.org.au) (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)



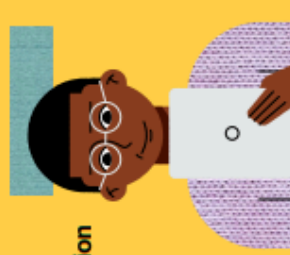
# what might happen if I visit headspace?

## at the first visit

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

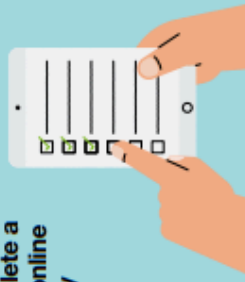
1

Fill in a registration form



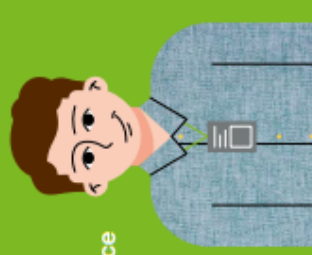
2

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.

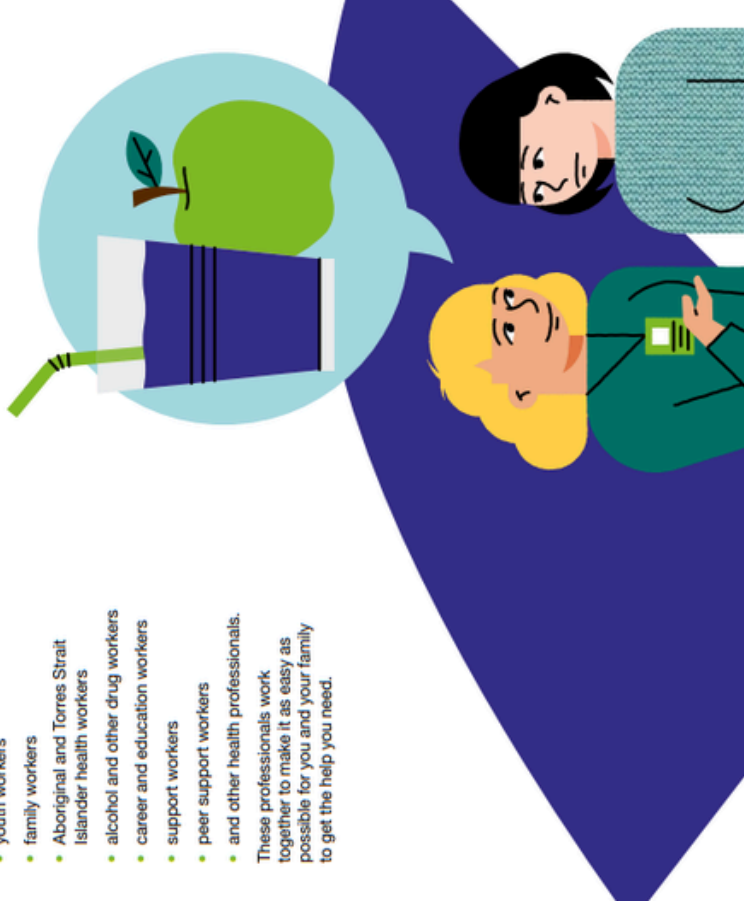
## who provides services at headspace?

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



# 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?

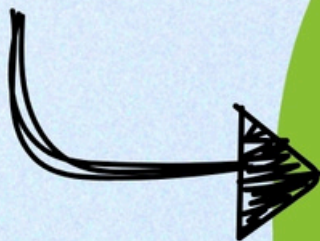
Physical & sexual health?

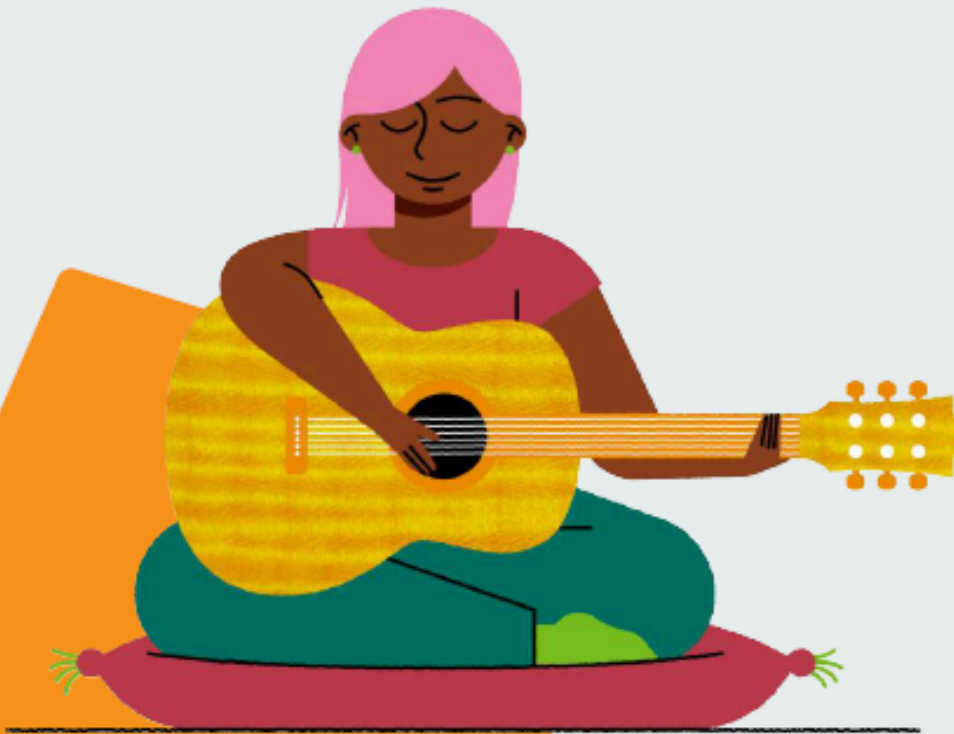
Work & Study?

**headspace is a FREE counselling and support service for young people**



If you are looking for  
support, follow this QR  
code





# join our free online group chat

## Supporting a LGBTQIA+ Young Person

June marks Pride Month, a time to recognise and celebrate LGBTQIA+ communities. Having supportive adults in a young person's life can play a major role in helping them feel seen, safe, and understood.

Join our free, online text-based group chat to connect with other adults, share experiences, and explore ways to support LGBTQIA+ young people, while building a greater understanding of the challenges they may face.

Topics may include:

- Opening a conversation with a young person
- Understanding challenges young LGBTQIA+ people may face
- Chatting about Pride Month
- What a young person's identity means to them
- Sharing our experiences supporting LGBTQIA+ young people

Register to join us on Wed 3 June 2026, 6:30pm to 9:45pm AEST (join or leave at any time):





# Emergency Relief

Come to us  
when times  
are tough.

## What is Emergency Relief?

Emergency relief supports you during times of financial hardship. Regardless of your circumstances, our program offers a flexible service to help you get back on your feet.

## Are you experiencing hardship?

Our Emergency Relief service has a team of staff and volunteers who take the time to listen to you and treat you with respect to get you through difficult times.

## Emergency food and material relief in the Wimmera

When life gets tough, Uniting are here to help. Our service is able to provide you with access to food and other necessities so you can meet your and your family's basic needs. We are also able to provide additional support by referring you to other services so you can work towards a more stable future.

## Who we can support

We assist people of all ages and stages of life that are experiencing financial hardship. If you need help putting food on the table or accessing basic needs, our team can support you.

Contact Us  
(03) 5362 4000

Learn more  
<https://www.unitingvictas.org.au/services/emergency-relief/>

**Uniting**

# JUNE @ THE STATION

16 PYNSENT STREET, HORSHAM

**FREE!**

WED

3

## 2VOX

A Zine for young people, made by young people. For creative team only

Ages 10 - 25 4:00 - 5:15

SAT

6

## GLOW IN THE DARK

A thermal Wildlife walk to celebrate World Environment Day! Register now

Ages 10 - 25 5:30 - 7:00

TUE

9

## AMPLIFY MEETING

Be apart of a group that plans, develops and delivers music, creative arts and cultural programs for other young people

Ages 12 - 25 4:00 - 5:30

THURS

11

## YOUNG Q

A social group for young LGBTQIA+ people.

Ages 10 - 18 4:00 - 5:30

THURS

18

## DIY & ARTS NIGHT

Get hands on with our D.I.Y art afternoon.

Ages 10 - 18 4:00 - 5:30

WED

24

## 2VOX

A Zine for young people, made by young people. For creative team only

Ages 10 - 25 4:00 - 5:15

WED

10

## 2VOX

A Zine for young people, made by young people. For creative team only

Ages 10 - 25 4:00 - 5:15

WED

17

## 2VOX

A Zine for young people, made by young people. For creative team only

Ages 10 - 25 4:00 - 5:15

TUE

23

## AMPLIFY MEETING

Be apart of a group that plans, develops and delivers music, creative arts and cultural programs for other young people

Ages 12 - 25 4:00 - 5:30

THURS

25

## IT'S GIVING ART

Spend the afternoon relaxing, listening to music and crafting with us.

Ages 10 - 18 4:00 - 5:30

## GLOW IN THE DARK WALK REGISTRATION



<https://form.jotform.com/HorshamYouth/glow-in-the-dark-thermal-walk>



FOLLOW US ON SOCIAL MEDIA



@horshamyouth

# West Wimmera Interschool Social

DRUG & ALCOHOL-FREE EVENT WITH SUPERVISION

**Friday June 12<sup>th</sup> - 7pm to 9pm**

**Kaniva Recreation Reserve**

**Year levels  
7 - 12**



**THEME: DISCO**

Register via the QR code

**You must be registered to attend  
this event!**

**DJ Matt DeGruchy  
performing**

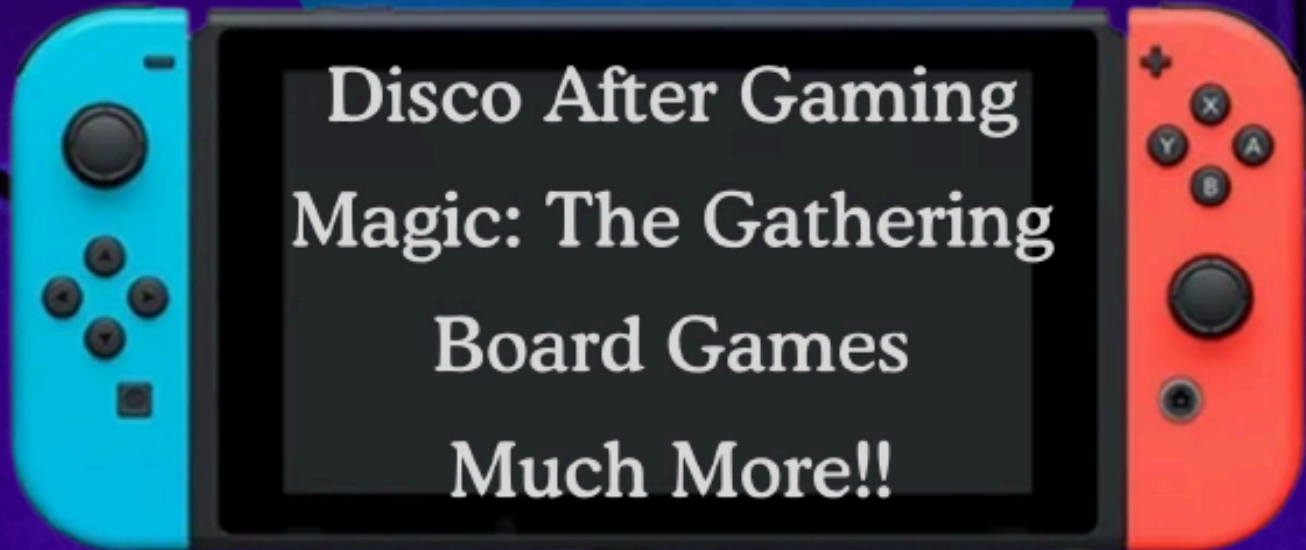
**Food & Drinks available  
for purchase**

**Potential transport  
provided for Goroke,  
Edenhope and Harrow**

For more information, please contact - [mikayla.smith@westernbulldogs.com.au](mailto:mikayla.smith@westernbulldogs.com.au)

# Ahead-Con

## RECHARGED

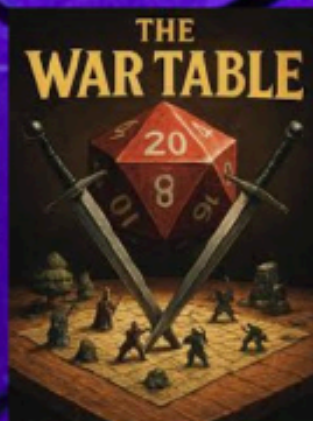


**July 2nd**

**10-4PM Games, 5-7PM Disco**

**Stawell Entertainment Centre**

**LEVEL UP?**



**Cosplay**

**WELCOME**

**Latest &**

**Greatest Games!**

Please note that this is a drug, smoke, vape and alcohol free event.





Orygen

## 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



# What's On HORSHAM & SURROUNDS

Friday 5th to Sunday 7<sup>th</sup>

## Smoke On The Water

Embrace the crisp country air with two day-to-night experiences of fire, flavour & live music. Come together, rug up and settle in for a vibrant, sensory-rich weekend set along the scenic Wimmera River.

Weekend highlights include:

Bonfire lighting Saturday 6pm, Horsham's longest wine bar, Street food & smoky slow-cooked meats, Live music all weekend, Art, photography & sculpture trail. Kids activities & marshmallow toasting & free camping.

Friday night kicks off with a special gala opening featuring local artists, drinks and nibbles.



**For tickets & further information**  
[www.trybooking.com/DCQYK](http://www.trybooking.com/DCQYK)



Enter via 22 McBryde Street and head toward the Shearing Shed door at the rear of Maydale Pavilion



Saturday 6th 9.00am-1.00pm

## Haven Market

The Haven Market is just 5km from Horsham, conveniently located alongside the Henty Hwy.

Haven market offers a wide range of stalls featuring locally grown produce and homemade goods, something for everyone to enjoy. No smoking, No Dogs permitted Haven Recreation Reserve.



Saturday 6th & 7th

## Blue Ribbon Raceway

Saturday 6th Racing from 12pm

Mini & Lightning Sprints Vic Title, Unlimited Sedan Feature. Saturday & Sunday program includes Wingless Sprints, V8 Trucks, Street Stocks, Production, Modified & Junior Sedans, Outlaw Karts & Vintage Hot Rods/Sedans

Sunday 7th Racing from 11am

Dates & program can change at any time, please refer to Blue ribbon Raceway facebook page for updates.

**1650 Blue Ribbon Rd, Kalkee.**

[www.blueribbonraceway.com.au](http://www.blueribbonraceway.com.au)

Saturday 6th & Sunday 7th

## Annual Gemstone & Mineral Exhibition

Presented by Horsham & District lapidary Club.

Saturday 10am-5pm & Sunday 10am-4pm.

Lucky door prize, Raffles, Adults Wire Wrapping Workshops.

Gems, Fossils & Minerals. Jewellery displays, Little Fossickers Treasure Bags, lucky dips plus much more

Located at HDCC Clubroom 24 Roberts Ave,

Back of Old Police Station.

**Enquiries: [horsham.lapidary@gmail.com](mailto:horsham.lapidary@gmail.com)**



Sunday 7th 10am-1.30pm

## 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.



Friday 19<sup>th</sup> June 10am Start

## Art Workshop: Painting Symbolism with Artist Angela Walker

This painting workshop introduces participants to symbolism and composition as key tools for creating expressive and meaningful artworks. Through guided discussion and practical exercises, participants will explore how colour, form, scale, and mark-making can communicate ideas, emotion, and intention without relying on literal representation.

for bookings [horshamtownhall.com.au](http://horshamtownhall.com.au)

Horsham Regional Art Gallery

80 Wilson Street.

Saturday 27th 9.00am-1.00pm

## Jung Market

Held at the Jung Recreation Reserve on the last Saturday of every month (except Dec 3<sup>rd</sup> Sat)

The market has a wide range of local produce & products from stall holders.



Last Sunday Of Every Month 10.30am-12.30pm

## BBQs For Men

Mr Perfect is a community organisation connecting men across Australia over a relaxed free BBQ to chat about all things life. The next BBQ is Sunday 28th June, Weir Park Horsham. FREE Community BBQs For Men.

For More info [mrperfect.org.au](http://mrperfect.org.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



**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 1 800 633 218 | [tourism@hrcc.vic.gov.au](mailto:tourism@hrcc.vic.gov.au) | [visithorsham.com.au](http://visithorsham.com.au)



# What's On HORSHAM & SURROUNDS



## ★ Performances

**The Wizard of OZ - Presented by the  
Horsham Arts Council.**

Thursday 11<sup>th</sup> June - Sunday 21<sup>st</sup> June

★ **For performance dates & times** ★  
horshamtownhall.com.au or  
call the Box Office on 53829555  
10am-4pm daily

**Vika & Linda.**  
Thursday 25<sup>th</sup> June, 7.30pm

**The Funny Farm.**  
Saturday 27<sup>th</sup> June, 11am

**Luke Kidgell: Good Intentions.**  
Sunday 28<sup>th</sup> June, 7.30pm

## ★ Exhibition Opening Event

**Framed in Footy: AFL  
Photography by Michael Wilson**

Friday 5<sup>th</sup> June at 5.30pm

Michael Wilson presents Framed in Footy a considered selection of his most resonant photographs, foregrounding the artistic qualities inherent in his practice while also revealing the pathos and raw emotion that animates the game.

This event is free to attend bookings preferred.



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



## ★ Current Exhibitions

**Framed in Footy: AFL**  
Photography by Michael Wilson  
6<sup>th</sup> June - 4<sup>th</sup> October 2026

**Werrin Wile Gan-Soft Possum Gowns:  
Kelly Koumalatsos**  
7<sup>th</sup> March-21<sup>st</sup> June 2026

**This Working Life: from the collection**  
7th March - 21<sup>st</sup> June 2026

**Mack Jost: Gift Collection**  
Open until 26<sup>th</sup> January 2027

**View from Here: Highlights from the  
National Gallery Collection**  
Open until 7<sup>th</sup> March 2027

## ★ Adult Workshops

**Life Drawing with Bev Isaac**

Thursday 18th June 6pm - 8pm  
\$50pperson, \$45pp for HTH Members

## ★ Children's Workshops



**Mini Makers - With Jess**  
Now on Mondays, 10am-11am  
Free 0-2 yr olds, 3-6 yr olds \$5.00  
Education room @ The Gallery  
1<sup>st</sup> June & 15<sup>th</sup> June



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