



headspace
Horsham

March 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



LGBTQIA+ Dates for March

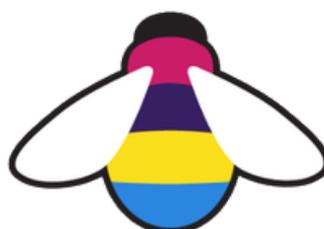
Transgender Day of Visibility (TDoV): 31st March

Transgender day of Visibility is an annual event celebrating, raising awareness and uplifting transgender identities. TDoV was originally founded in 2009 by a transgender activist Rachel Crandall to challenge the negative stigma surrounding transgender lives. The day is not just a celebration, but it is a call-to-action honouring the importance of visibility, learning, amplifying and advocating for the inclusivity of trans communities.



Bisexual Health Awareness Month: 1st - 31st March

Is a campaign founded and led by the Bisexual Resource Center to raise awareness about the bisexual+ (bi, pan, fluid, queer, etc.) The theme for this year is 'Claiming the Right to Care as Bi+ people' which seeks to ensure that bi+ people are able to receive competent, affirming and accessible healthcare without having to justify their identities, minimise their needs or accept poor treatment. Did you know that Bisexual+ people experience worse mental, physical and emotional health outcomes than their gay, lesbian and heterosexual peers?



Pancake Day



Pancake day was held on the 17th Feb encouraging our local community to come together to support suicide prevention initiatives. On pancake day we had Mark our amazing community awareness and youth engagement facilitator head down to May Park to cook up pancakes with some of the team from Uniting for the community.

At the same time, we also had our wonderful team leader of community awareness and engagement Trina, community awareness and youth engagement worker Cass and a member of our youth advisory group (hWY) Hope head down to Horsham College to make over 400 pancakes for the students!



Teen Mental Health First Aid

Throughout the past month Cass has been out and about facilitating Teen mental health First Aid to a range of young people ranging from the Hindmarsh and Horsham Youth Councils. Teen mental health First Aid is a course that helps young people learn how to support a friend or peer who may be going through a mental health problem or crisis. The course covers a range of different topics and is a great way for young people in our community to be able to recognise and respond to someone who may be struggling before an adult or a professional can help.

When working with the councils, Cass worked her magic outside and then transitioned the group to indoors where the temperature could be controlled by a remote (thank goodness for air-conditioning). The groups all had a blast with everyone getting involved and now over 60 young people in the community are certified in Teen mental health first Aid!



headspace Work and Study Month

All throughout the month of March headspace is helping young people on their work and study journeys! There is a bunch of different supports that you can find on the headspace national website ranging from work and study mentors to group chats.

headspace Work & Study Online Support can help with more than just finding a job or enrolling in a course. A Work & Study Specialist can help you figure out your goals, build your skills and find your balance to avoid work and study burnout.



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.

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

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?



headspace centres

We have many resources on our website (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 (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 (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

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.

To read more about headspace Telehealth at headspace.org.au/telehealth



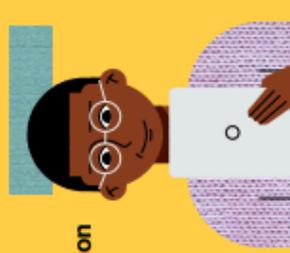
what might happen if I visit headspace?

at the first visit

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

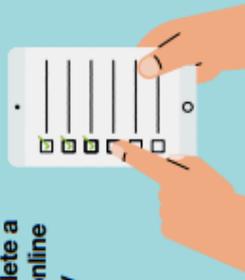
1

Fill in a registration form



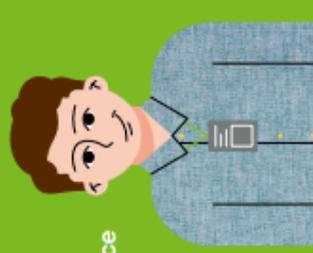
2

Complete a brief online survey



3

Talk to a headspace worker



4

Be given the opportunity to:

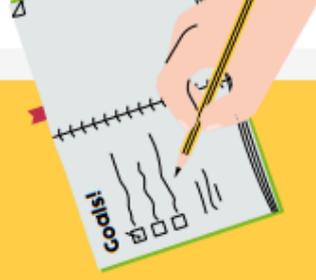
- share what's been impacting your wellbeing
- talk together about what goals you might want to work on.

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

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?

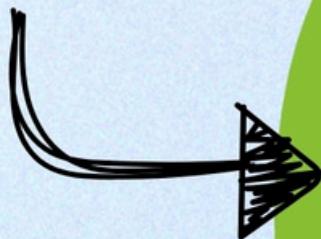
Physical & sexual health?

Work & Study?

headspace is a FREE counselling and support service for young people



If you are looking for
support, follow this QR
code





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.

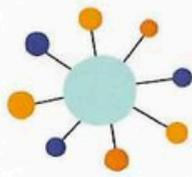
You will be paid for your participation.

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





**mental health &
wellbeing connect**

Free for family, carers and supporters

Grampians



Help, hope and purpose

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

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



MARCH

FREE!

@ THE STATION

16 PYNSENT STREET, HORSHAM



AMPLIFY

Be part 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**



TRADING CARD ART WORKSHOP

Work with Pink Lake Creative multimedia artist Desiree Cross to create images for an upcoming exhibition, brought to life through Augmented Reality as part of a digital installation at Horsham Regional Art Gallery. **Ages 12 - 25 4:00 - 5:15**



AMPLIFY

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MOVIE AND BOARDGAMES

The Amplify Committee will be hosting a Movie and Boardgame afternoon! Movie chosen: Back to the Future (PG) **Ages 10 - 25 4:00 - 5:30**



IT'S GIVING ART

Spend the afternoon relaxing, listening to music and crafting with us. **Ages 10 - 18 4:00 - 5:30**



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2VOX

A Zine for young people, made by young people. For creative team only **Ages 10 - 25 4:00 - 5:15**



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FOLLOW US ON
SOCIAL MEDIA

@horshamyouth

THE STATION

16 PYNSSENT STREET, HORSHAM



TRADING CARD ART WORKSHOP



LIMITED SPOTS
REGISTER ASAP

SUNDAY 8TH MARCH 1:00PM - 3:30PM

SHERRIN
KANGAROO BRAND

FORTNIGHT FEST

MARCH 14-28



Connecting Regional Harmony and Cultural Diversity Week Celebrations

March 14 - Diversity Day

Horsham Town Hall, 10am-1:30pm

Service, activities, film, kids activities, photo booth, free lunch



March 21 - In Harmony

Ararat Town Hall 10.30am-1pm

Food, music & dance, market

Stawell Town Hall, Grampians Harmony Festival, 12-4pm

Music, food, costumes, arts and crafts, family fun



March 28 - Fest Finale

Nhill Town Hall, Harmony Celebrations Jaypex Park 10am-1pm

Performances, markets and food

Shared Table local film

Nhill - March 20

Nhill Community Centre 6.30pm

Horsham March 26

Federation University, 5.30-8pm

Mach 16-29

Celebrate in your workplace

Free packs on offer for local offices and businesses to celebrate Harmony and Cultural Diversity weeks.



More details, bookings and buses



#everyones connected



Cultural Diversity Week



OASIS WIMMERA



HORSHAM Rural City Council



NORTHERN GRAMPAINS SHIRE COUNCIL

Grampians Multicultural HUB

HORSHAM TOWN HALL



Ararat Rural City



rar



HORSHAM NEIGHBOURHOOD HOUSE



WEEK 1

APRIL 2026 SCHOOL HOLIDAY PROGRAM

WEEK 2



MONDAY 06 APRIL

PUBLIC HOLIDAY: EASTER
MONDAY



TUESDAY 07 APRIL

Create and Relate with headspace

Ages 10+

Dimboola Library

10am - 11:30am



Pickleball with Wimmera Regional Sports Assembly
Ages 10 and under

Dimboola Stadium (Recreation Reserve)

1pm - 2pm

Pickleball with Wimmera Regional Sports Assembly
Ages 11 and over

Dimboola Stadium (Recreation Reserve)

2pm - 3pm



WEDNESDAY 08 APRIL

Create and Relate with headspace

Ages 10+

Jeparit Library

11am - 12:30pm



THURSDAY 09 APRIL

Pickleball Wimmera Regional Sports Assembly
All ages

MECCA Rainbow

11am - 1pm



Create and Relate with headspace

Ages 10+

Rainbow Neighbourhood House

2:30pm - 4pm



FRIDAY 10 APRIL

Level-Up Gaming

Nhill Memorial Community Centre

12pm - 4pm



MONDAY 13 APRIL

Science with Ellen

Nhill Library

10am - 11:00 am



Pickleball with Wimmera Regional Sports Assembly
Ages 10 and under

Nhill College Stadium

1pm - 2pm



Pickleball with Wimmera Regional Sports Assembly
Ages 11 and over

Nhill College Stadium

2pm - 3pm



TUESDAY 14 APRIL

Science with Jess

Jeparit Library

10am - 11am

Science with Jess

Dimboola Library

2pm - 3pm



WEDNESDAY 15 APRIL

Science with Jess

Rainbow Library

10am - 11am

Karaoke

Rainbow Neighbourhood House

1pm - 3pm



THURSDAY 16 APRIL

Pickleball with Wimmera Regional Sports Assembly
All ages

Jeparit Memorial Town Hall

10am - 12pm



FRIDAY 17 APRIL

Movie: Goat

Nhill Cinema

1pm - 3pm



scan to register



REGISTER NOW!

Registrations submitted prior to school holidays are much appreciated!

Children under 11 years of age are required to have parent/guardian supervision.

For more information visit
www.hindmarsh.vic.gov.au/events,
call 03 5391 4444
or email youth@hindmarsh.vic.gov.au.



Hindmarsh Shire Council
Hindmarsh Shire Libraries
Hindmarsh Shire Youth Council



@hsyouthcouncil
@hindmarshshirelibraries

Hindmarsh
Shire Libraries