



headspace
Horsham

August newsletter

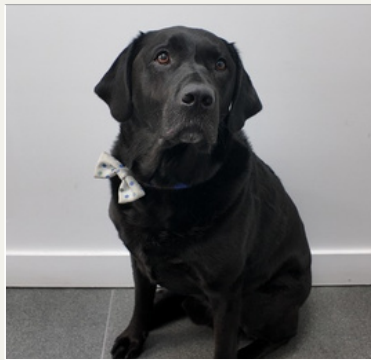
everything happening within our centre
& the community at large for our young people



meet the Horsham team



U'Nita
team leader of clinical services



Louie
trained therapy dog



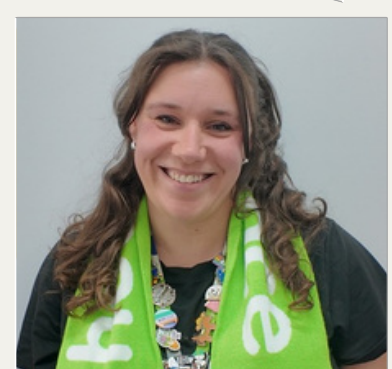
Shanu
snr mental health clinician



AK
mental health counsellor



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 August

Wear it Purple Day 28th August 2026:

This year, Wear it Purple Day falls on the 28th of August and the theme is colours of courage, which celebrates the many different forms of courage shown by LGBTQIA+ young people and allies and communities.

The event was originally founded in 2010 after a series of tragic stories that highlighted the devastating impact that bullying, discrimination and exclusion were having on LGBTQIA+ young people in the US. One of these young people was 18-year-old Tyler Clementi, who tragically took his own life after he was publicly outed by his college roommate. Co-Founder of Wear it Purple Day Katherine Hudson decided to google what the situation looked like in Australia and found that results on home soil were just as concerning.

In response, Katherine and other Co-Founder Scott Williams brought other fellow young people and allies together with the shared belief that every young person deserves to feel safe, supported and proud of who they are.

They chose the colour purple from the rainbow flag, a symbol of Pride and the LGBTQIA+ community, which represents 'spirit' embodying the whole community and thus Wear it Purple Day was born.



**WEAR IT
PURPLE DAY
28.08.26**



★ Farewell Anna! ★



At the end of July, the centre said goodbye and good luck to our amazing case manager Anna. Over her time here Anna supported many young people and was an integral part of the team by using her knowledge and experience to help support others. Her warmth and dedication will be greatly missed and we wish her all the best for her future endeavours. ❤️



Get to know the team



Cass Edition

What is your role and what do you do?

I am a community awareness and youth engagement worker at headspace Horsham. I work in the community awareness team and I engage with the community and provide education around what headspace is and how to support young people. I work on early intervention and how young people can support themselves and I do this in lots of different ways from making presentations, playing video games or just hanging out!

How long have you worked at headspace Horsham for and what has been your favourite thing you have done in this time?

I have been at the centre for 5 years and I have 2 favourite experiences since being here. One of them would be the escape room we ran in 2023 where 60-70 young people came through the centre and got to know the centre and our YRG members. The other highlight would be facilitating Teen Mental Health First Aid training, where I have taught over 300 young people how to support a mate.

What is your current Obsession?

An old obsession that is still living and thriving would be the anime One Piece. #zoro

Fun Fact:

I love to travel and I have been to 8 countries in the past 5 years. My top 3 would be Japan for the history, Scotland for its beauty and Greece for the Mythology.



Teen Mental Health First Aid



Over the past few weeks, the headspace Horsham team has been out and about delivering Teen Mental Health First Aid to Year 7–10 students at Goroke P-12 College.

The students were incredibly engaged throughout the training, asking thoughtful questions, sharing great ideas, and showing genuine care for one another. They walked away with practical skills to recognise when a friend might be struggling, start supportive conversations, listen without judgement, and connect their friends with trusted adults for help.

A big thank you to Goroke P-12 College for having us—we've loved working with such an amazing group of students!



MENTAL
HEALTH
FIRST AID
Australia



Youth Mental Health First Aid Training

2-Day Course

Day 1: Tuesday 15th of September

Day 2: Tuesday 22nd of September

Time: 9am-4pm

Location: Stawell

Address to be provided
upon registration



Participants must be over 18



Scan the QR code or click
the link below to register!

<https://form.jotform.com/261937804835871>

Limited numbers - registration is essential.

For more info, contact headspace Horsham:

phone - (03) 5381 1543

email - info.headspacehorsham@vt.uniting.org

Cass will be out and about in
Stawell in September to
facilitate Youth Mental
Health First Aid Training for
the community!





Goolum Goolum Careers Expo



This month, the headspace Horsham community team teamed up with Uniting to attend the Goolum Goolum Careers Expo!

The expo gave Aboriginal and Torres Strait Islander young people from Years 7–12 and their families the chance to explore different career pathways, try their hand at a range of activities, connect with universities and learn more about further education, scholarships and future opportunities.

Our team had some great conversations with young people about their career ideas, interests and goals, while also sharing what it's like to work in the mental health and community services sector. It was fantastic to chat with students about the many different pathways and opportunities available in this space.

A huge thank you to Goolum Goolum for having us along and to Uniting for the awesome opportunity to team up for this event!



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) 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.



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 – 5pm (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.

Read more about headspace Telehealth at headspace.org.au/telehealth



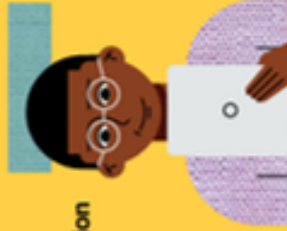
what might happen if I visit headspace?

at the first visit

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

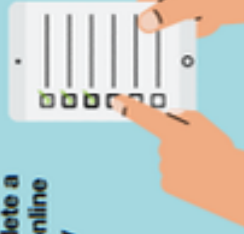
1

Fill in a registration form



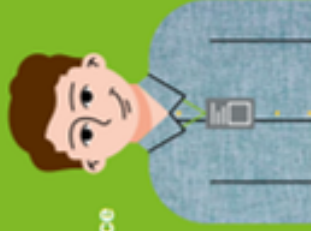
2

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



headspace
Horsham



**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

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





VENUE

MAY PARK, HORSHAM

ON

SEPTEMBER 18TH

CURATED BY

HRCC YOUTH COUNCIL
AND AMPLIFY COMMITTEE

AGES

10 - 25



**LOCAL
YOUTH BANDS,
SOLO ARTISTS,
AND MUSOS!**

EXPRESSIONS OF
INTEREST ARE NOW OPEN
TO PLAY AT OUR
UPCOMING OPEN-AIR
CONCERT

REGISTER EXPRESSION OF INTEREST VIA:

[HTTPS://FORM.JOTFORM.COM/HORSHAMYOUTH/PERFORMER-EOI](https://form.jotform.com/horshamyouth/performer-eoi) OR



Expression of interest

Life Skills of F.R.O.G Group

Focused. Resilient.
Open. Growing

For 16–25 year olds

Uniting



Leap into Wellbeing!

Join our fun and engaging program designed for 16 to 25-year-olds, where you'll hop into activities that boost your mental health and wellbeing. Based on headspace's 7 healthy tips, Life skills of FROG helps you:

- Get into Life
- Learn Skills for Tough Times
- Create Connections
- Eat Well
- Stay Active
- Get Enough Sleep
- Cut Back on Alcohol and Other Drugs
- Find peer connection and talk to others who get it

Interest – get involved

We are seeking expressions of interest for young people to join this laid-back, supportive peer group designed for young people aged 16–25 to connect, share, and learn practical ways to maintain mental wellness.

This program is delivered collaboratively by headspace Horsham and Uniting's Mental Health program.

Scan below to sign up!



Have Questions?

Email: info.headspace@vt.uniting.org

Phone: (03) 5381 1543



Donate,
Buy Merch,
Get Involved!



WEAR IT PURPLE DAY

28.08.26



FREE EVENT
Ages 12-18

YOUTH YAPS

Need somewhere to chill after school? Grab your friends and come hang out, snack, yap, chill and do fun activities!

NHILL LIBRARY

Monday 10 August 2026 – 3:30pm to 5pm

DIMBOOLA LIBRARY

Wednesday 12 August 2026 – 3:30pm to 5pm

RAINBOW LIBRARY

Monday 17 August 2026 – 3:30pm to 5pm

JEPARIT TOWN HALL

Wednesday 19 August 2026 – 3:30pm to 5pm



BOARD GAMES

VIDEO GAMES (DIMBOOLA)

ARTS AND CRAFT ACTIVITIES

HANG-OUT AND SOCIALISE

SNACKS!!

SAVE THE DATE

TUESDAY 29 SEPTEMBER 2026

NHILL MEMORIAL COMMUNITY CENTRE

Open Mic Night is the perfect chance to share your talents, connect with others, and enjoy a great night out. More details coming soon - save the date and don't miss it!



OPEN MIC NIGHT

**FREE ENTRY
& REFRESHMENTS**
ALL AGES EVENT

SCAN ME



**EXPRESSION OF INTEREST
OPEN NOW FOR PERFORMERS
AGES 25 AND UNDER**

**CLOSE: SUNDAY 20 SEPTEMBER 2026
AT 11:59PM**



**VICTORIAN
YOUTH
FEST**

**HINDMARSH SHIRE YOUTH
COUNCIL PRESENTS:**



FRIDAY 14 AUGUST 2026

NHILL CINEMA

SOCIALISE & DINNER AT 6:30PM

THE MOVIE STARTS AT 7 PM

SCAN ME!



**THIS IS A SMOKE,
DRUG, ALCOHOL AND
VAPE FREE EVENT**





The 18+ Social Group



Express your
interest here

A fun, participant-led social program held monthly on Friday evenings for adults living with disability. This group is all about connection, choice, and good times in a relaxed, inclusive setting. Participants decide together what activities they want to do, helping build confidence, independence, and a strong sense of belonging.

What you gain:

- New friendships and stronger social connections
- Greater confidence and independence
- More community participation
- Improved planning and decision-making skills
- Real choice, control, and inclusion

What we get up to (you choose!):

- Dining out at cafés and restaurants
- Movies, bowling, and mini golf
- Live music, theatre, and entertainment
- Trivia nights, karaoke, and gaming nights
- BBQs, picnics, and coffee catch-ups
- Markets, festivals, and community events
- Craft, cooking, and creative workshops
- Escape rooms and fun group challenges
- Sport events and local outings
- Theme nights, celebrations, and road trips

Contact us
03 5362 4000
WimmeraDisability@vt.uniting.org

Learn more
unitingvictas.org.au

Uniting

Positive Parenting for Big Behaviours

Hosted by Rebecca Challoner, writer, presenter and trainer on ADHD, neurodivergence, behaviour and mental health.

Join us for a practical, evidence-based workshop supporting parents and carers of school-aged children with ADHD and anxiety, with a focus on understanding and responding to school refusal and related emotional regulation challenges.

Learn simple, effective strategies to better understand "big behaviours," support emotional regulation and strengthen your relationship with your child.

You will gain:

- Practical strategies for school refusal and anxiety-related behaviours
- Tools to support emotional regulation
- Insights into ADHD and anxiety challenges
- Confidence in responding to difficult moments

Suitable for parents and carers seeking supportive, real-world strategies.

Where: Horsham Golf Club, 304 Golf Course Road, Horsham

When: Wednesday 2nd September

Time: 6:00pm - 8:00pm

Cost: FREE

Spots are limited so be sure to register by the 18th August.

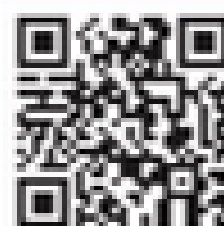
Contact us

earlyhelp@vt.uniting.org

(03) 5362 4000

Learn more

unitingvictas.org.au



[Register Here.](#)

Uniting

Youth Mental Health First Aid Training

2-Day Course

Day 1: Tuesday 15th of September

Day 2: Tuesday 22nd of September

Time: 9am-4pm

Location: Stawell

Address to be provided
upon registration



Participants must be over 18



Scan the QR code or click
the link below to register!

<https://form.jotform.com/261937804835871>

Limited numbers - registration is essential.

For more info, contact headspace Horsham:

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