headspace
Horsham

November 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



Amy
community engagement

headspace
Horsham

LGBTQIA+ Dates for November

Trans awareness month:

The month of November is Trans awareness month celebrating and commemorating events like Trans awareness week and Trans day of remembrance. This is a great opportunity for people to reflect on the strength, resilience and bravery of trans and gender-diverse individuals while also supporting and fighting for justice.

Intersex day of remembrance 8th November:

Intersex Day of Remembrance raises awareness on the issues that face intersex people, born with both male and female anatomical characteristics. Chosen on the birthday of Herculine Barbin, a 19th century intersex person, November 8th is a day to advocate the right to self-determination, be biologically different, and make a consensual medical decision about what happens to our bodies. It also stresses the violence of our society's gender system for people who don't fit into the binary stereotype, male or female.

Trans awareness week 13th -19th November:

Trans Awareness week is held each year to raise awareness of issues facing the community as well as different ways that allies can improve the lives of transgender, gender diverse and non-binary people. The week is all about celebrating, creating equality and challenging discrimination in an effort to accept everyone for who they are and raise the voices of those who may identify as trans, gender diverse and non-binary.

Trans day of remembrance (TDoR) 20th November:

Trans Day of remembrance is an annual day of commemoration that honours the memory of the lives lost within the trans, gender diverse and non-binary community from acts of transphobia and discrimination. It is a day of strength that marks the end of transgender awareness week and sets out to promote understanding and acceptance, while educating the public around the violence the trans community has, and continues to face.

🐸 Life skills of FROG at Alt Ed 🐸

This month, headspace Horsham and Uniting Wimmera visited Alt Ed at Horsham College for our Life Skills of FROG sessions! During our Staying Active session, participants got moving around campus and took on a fun photo challenge! 📸

Why stay active?

Moving your body can boost your mood, increase energy and support your mental health. You don't need to hit the gym or play competitive sport, make it something you enjoy!

When we're feeling stressed, anxious, or low, one of the first things that can be affected is our motivation and energy levels. It can feel easier to stay in bed, avoid social situations, or stop doing the things we normally enjoy. The tricky thing is that when we stop moving our bodies, we can sometimes feel even more tired, isolated, or unmotivated. Give it a go! Go for a walk, dance to your favourite songs, play basketball with friends or explore your local area and snap some photos.

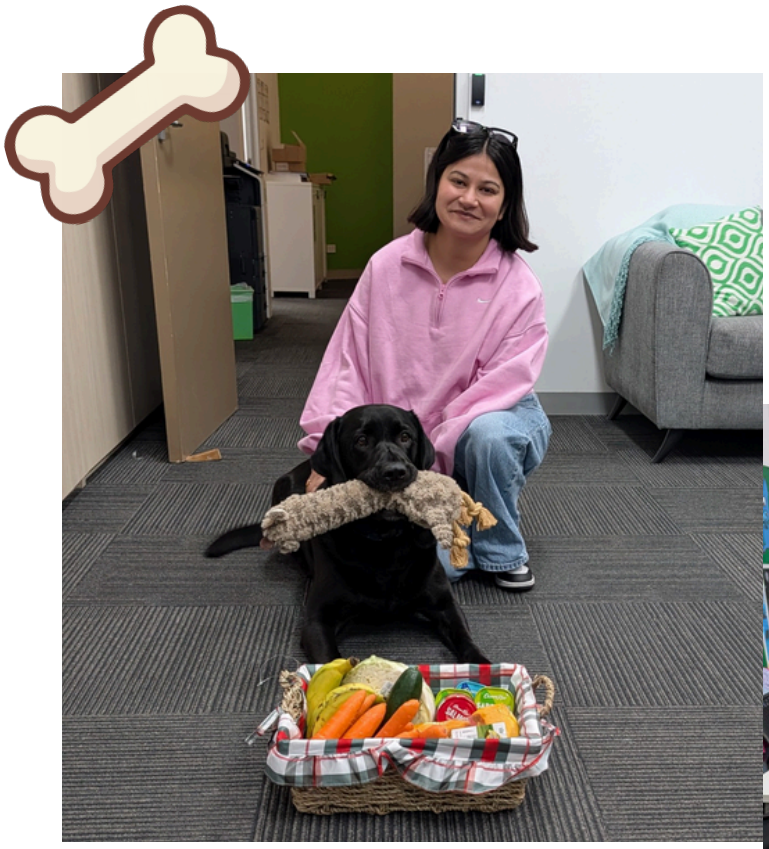
Remember, every little bit of movement counts! 🙌



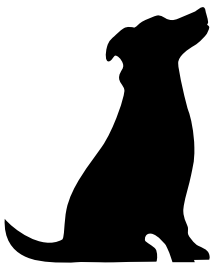
Louie turns 7

On the 7th of October the centre celebrated everyone's favourite worker Louie for his 7th Birthday! To honour such a good boy Ak made a gift basket for him full of some of his favourite goodies like carrot, banana, fish and pumpkin as well as some toys. It's safe to say that he had a blast and he was spoiled absolutely rotten!

Throughout the day Louie got extra pats and attention which he gladly accepted; Happy birthday Louie!!









get to know the team



U'Nita edition

What is your role and what do you do?

I am the team leader of clinical services and I do things, idk ahaha. I am the boss lady to the centre's clinicians who provide mental health support to the community, and see a small group of young people as well. I am also known for my other very role of bringing in my therapy assistant dog Louie who is the dog boss lady of everyone. I am a part of the leadership team in the centre and contribute my knowledge on how to best support the community and make the centre the best that it can be.

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 just over 3 years and the biggest highlight would be getting to work with other likeminded individuals who are as passionate about young people's mental health as I am.

What is your current Obesession?

My current obsession is hard to pinpoint but right now it would be my friend's lambs that I have named Bruce and Brianna.

Fun Fact:

I am a huge nerd! I love star wars, Harry Potter (I am a ravenclaw) and lord of the rings. All of this being said I DO NOT like Star Trek.

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

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 – 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.

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:

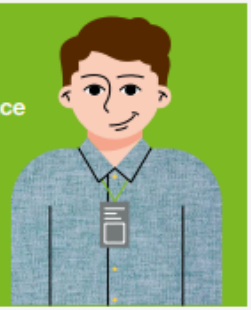
1. **Fill in a registration form**



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

Join the Live4Life Steering Group

Are you a young person with ideas, energy and a passion for making a difference in youth mental health?
We are looking for passionate young people 12-25 years of age to join our Live4Life steering group & shape what we do!

Get involved and help shape what happens next.

Click the QR code to find out more:



mental health & wellbeing connect

Free for family, carers and supporters

Grampians

mind®

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

Grampians Community Health

Ballarat Community Health

VICTORIA State Government

Expression of interest

Life Skills of F.R.O.G Group

Focused, Resilient, Open, Growing

For 16-25 year olds

Uniting

headspace Horsham



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