headspace
Horsham

October 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 August

International Lesbian Day 8th October:



Is a day where lesbian's and Allys all over the world come together to celebrate lesbian, history, culture, diversity and art. The origin is unknown, but it is believed to have actually begun in Australia or New Zealand.

National Coming out day 11th October:



Coming out is a task that never fully ends, as there are always new people coming in and out of people's lives. This day is celebrated to encourage LGBTIQA+ people to embrace their authentic selves and use their voice to speak their truth.

International pronouns day 15th October:



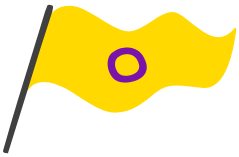
Has been celebrated on the third Wednesday of every October since 2018 to promote sharing, respecting and education around pronouns particularly within transgender, non-binary and other gender diverse individuals.

Ace week 20-26th October:



Previously known as asexual awareness week, this day is an international campaign to raise awareness and expand education around asexuality. It is all about celebration the wins and the progress of the understanding and acceptance of asexual- spectrum identities.

Intersex awareness day 26th October:



Intersex awareness Day is all aboput honouring the lived and living experiences of intersex people. Intersex people are born with natural variations in sex characteristics which can include chromosomes, hormones and/or genitals. These traits don't fit the 'typical' definition of male and female. Intersex people face a wide variety of challenges which is why the 26th October is a great chance to focus on coninuing advocacy and education aronud individual rights, physical autonomy and self determination.

spring into something new

At the end of last month, we joined our friends from Uniting at May Park to celebrate the new structure launch in the sunlight. We caught up and enjoyed a BBQ, decorated bookmarks and some people even dressed to the ‘spring into something new theme!’ It is always great fun catching up with the rest of Uniting to come together and build stronger connections with their teams.

It was a great opportunity to acknowledge a new season and chapter for Uniting by celebrating the people and connections that make it up!





get to know the team



What is your role and what do you do?

I am a Senior Mental health clinician.
Insert big and complex psychologist talk here
“Oh wait, Should I make this easier to understand?”
I approach different young people in different ways to help them better understand their emotional challenges. I have conversations with young people so that they can feel like they have a better sense of control, and that they can understand their feelings. I help young people in help seeking and collaborate with them to design interventions that fit their needs.

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

I’ve been here for just over a year. My favourite things that I have done since being here have been the opportunities I’ve had to leave the centre and talk to young people at events with the community awareness team. I also really enjoyed the Forum earlier this year where I got to link in with other people who work at different headspace centres.

What is your current Obesession?

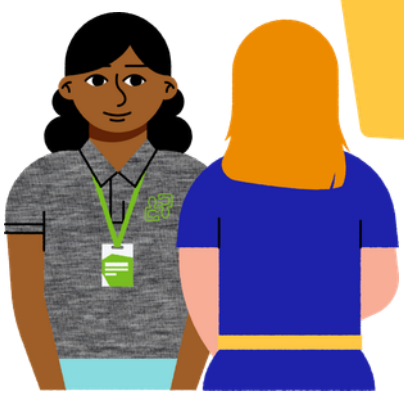
EVERYTHING!!!
Right now though, it would be trying to play around and develop a new smartsheet/excel sheet to input data into.

Fun Fact:

I am crazy about magic and hypnosis.

✨Live4Life✨

What an inspiring step towards building a stronger, more connected community! 💚 Our Live4Life Community Information Session brought together 14 passionate and enthusiastic community members, all eager to learn more about the Live4Life model, what it means to be a Live4Life community, and how they can get involved. With great conversations, new connections and a shared commitment to making a difference, the session highlighted the power of coming together as a whole community to prevent suicide and improve the mental health and wellbeing of our young people. Together, we're building a community where young people feel supported, connected and empowered to thrive! Watch this space for more updates about who is supporting Horsham become a Live4Life community, and continued opportunities to grow this initiative!



Your voice. Your ideas. Your Live4Life.
Are you passionate about youth mental health and interested in getting a behind the scenes look at how mental health awareness work is brought to life? Then join our Live4Life steering group!
Whether you love coming up with new ideas, advocating for youth mental health or want to simply make a difference, your perspective matters.
We're looking for young people aged 12 top 25 who want to:

- Share ideas and make suggestions
- Meet and connect with other young people
- Help shape the Live4Live program
- Make a difference in your community

Young people who join the Live4Live Steering Group will be remunerated for their time, ideas and valuable contribution, recognizing the importance of their voices in shaping the program.
You don't need to have all the answers — just bring your ideas, your perspective and your voice.
Scan the QR code to sign up!



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:

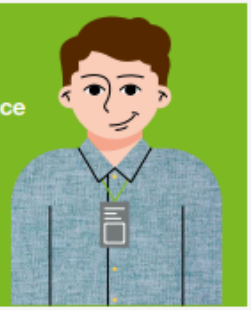
1. **Fill in a registration form**



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:



Help raise awareness for Mental health month and headspace day in October.

It has been identified that on average we make 35,000 decisions a day and we rarely switch off and just do nothing. This year for mental health month and headspace day we would like to encourage you to take some time to look after yourself and choose to do nothing for a day.

On the back of this card, are some examples that young people have given to support you in the month of October to do nothing, to look after your wellbeing and mental health.

To participate in this year's campaign, scan the QR code and answer the question:
What is something you can do, to do nothing this October?

If you participate you will go into a draw to win:
1st prize Apple AirPod Pro 3's.
2nd prize $150 gift card.
3rd prize $80 gift card.

headspace
Horsham



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

MENTAL HEALTH FIRST AID Australia

HORSHAM NEIGHBOURHOOD HOUSE
The Heart of Our Community

headspace Horsham

Youth Mental Health First Aid Training

2-Day Course

Day 1: Mon, 12th of October
Day 2: Mon, 19th of October

Time: 9am-5pm

Location: Horsham
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/261177075747869

Limited numbers - registration is essential.

For more info, contact headspace Horsham:
phone - (03) 5381 1543
email - info.headspacehorsham@vt.uniting.org

St Brigid's College
HORSHAM

Pursuing fullness of life for all

DIOCESE OF BALLARAT CATHOLIC EDUCATION LIMITED

Ss Michael and John's Primary School

Community Forum

'Helping our children and young people thrive in a changing world'

As our world continues to change rapidly, schools and families are considering what young people need to lead meaningful and fulfilling lives. This forum will explore what it means for children and young people to thrive today, the capabilities they will need for the future, and how families and educators can support them to learn and live well in an increasingly complex world.

Wednesday 28 October 2026
7.00pm–8.30pm
St Brigid's College
Senior Study Centre



Professor Pasi Sahlberg



Dr Penelope Jean Stiles

All parents/guardians and community members are welcome to attend.

- What does thriving look like for young people today?
- What skills will matter most in the future?
- What does agency look like for children and young people?



Dave Runge

Scan the QR code to register, or visit stbc.vic.edu.au

TEEN SOCIAL MEDIA STUDY

How does social media affect teens' everyday lives?



ARE YOU 15–18 YEARS OLD? WE WANT TO HEAR FROM YOU.

We are investigating how teenagers use social media and how it influences:

- Learning and school engagement
- Daily habits and routines
- Self-regulation (e.g. managing screen time)
- Digital and media literacy skills

WHO IS RUNNING THIS STUDY?

Dr Jee Young Lee
Nicholas Simmonds
University of Canberra

WHAT'S INVOLVED?

- Complete a 10–15 minute online survey
- Do it on your phone or computer
- Choose a time and place that suits you

WHO CAN PARTICIPATE?

- Aged 15–18 years old
- 100–150+ participants will be recruited

PRIVACY & CONFIDENTIALITY

- Your responses are anonymous
- No identifying information will be collected
- Data is stored securely at the University of Canberra
- Only researchers can access the data

WHY IS THIS RESEARCH IMPORTANT?

Findings may be used in:

- Honours thesis
- Academic journals
- Conferences

A plain-language summary of results will be available.

ETHICS APPROVAL

Approved by the University of Canberra Human Research Ethics Committee (13736)

WANT TO PARTICIPATE?

Scan the QR code to take the survey!

TAKES ONLY 10–15 MINUTES!

CONTACT DETAILS

Jee Young Lee
Jee.Lee@canberra.edu.au

Nicholas Simmonds
u3101282@uni.canberra.edu.au

UNIVERSITY OF CANBERRA