



headspace  
Horsham

# September newsletter

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



# 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.

# meet the Horsham team



**Andrea**  
*careers consultant*



**Charlotte**  
*snr mental health clinician*



**Alisha**  
*community engagement*



**Anna**  
*case manager*



**Trina**  
*team leader of centre ops*



**Cass**  
*community engagement*



**Ash**  
*youth peer support worker*



**Kate**  
*centre manager*



**Rob**  
*mental health counsellor*



**Louie**  
*trained therapy dog*



**Haylie**  
*client services*



**U'Nlta**  
*team leader of clinical services*



# LGBTQIA+ Dates for Sept



23<sup>rd</sup> September is Bi Visibility Day!

Bi Visibility Day has been celebrated since 1999, with the purpose of raising awareness and listening to the voices of the bi community and taking steps to make positive change!

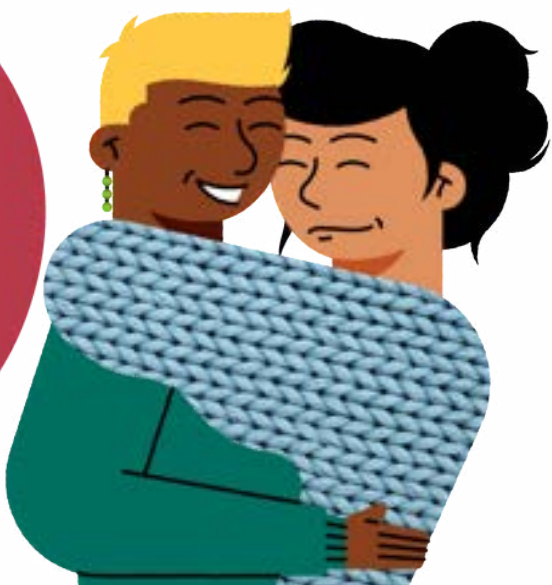


Someone might consider themselves bisexual if they are attracted to more than one gender. It is also important to remember that bisexuality isn't just the way people may choose to present



themselves or behave, but can also be something people identify and label themselves as.

## Happy Celebrating!



# Youth Mental Health First Aid

Last month our wonderful Ash and Cass went to Stawell to upskill the community in Youth Mental Health First Aid!!

Youth Mental Health First Aid (YMHFA) is a training program that equips adults with the skills to assist young people (ages 12-18) who are developing a mental health problem, experiencing a worsening of a mental health problem, or in a mental health crisis. It was fantastic to see the variety of people participating in the training ranging from service professionals to everyday community members!

Keep an eye out for when and where we will be going next!



# Brain Breaks

Last month we also spent a lot of time in schools, giving many hard-working year 12s a bit of a break from all the hustle and bustle of the year.



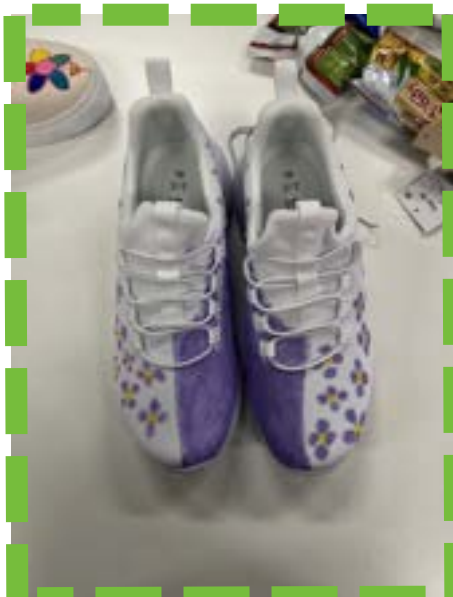
Here we have some Horsham College year 12 students trying to take on their year 11 and 12 wellbeing support worker in a game of Mario Kart.





# Space 4 Us

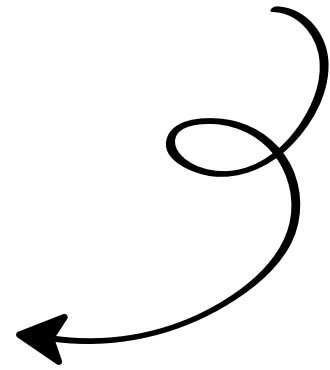
This week in Space4Us we took a walk in each other's shoes while decorating our own! We talked about how far our shoes have taken us and reflected on if we think we are walking through life comfortably or if we feel like we may still be trying to find our feet. We also invited our lovely Ash to join the group this week to share their own lived experience on mental health and supporting someone else who struggles with their mental health. To finish off we played a crazy fun game of Spoons!



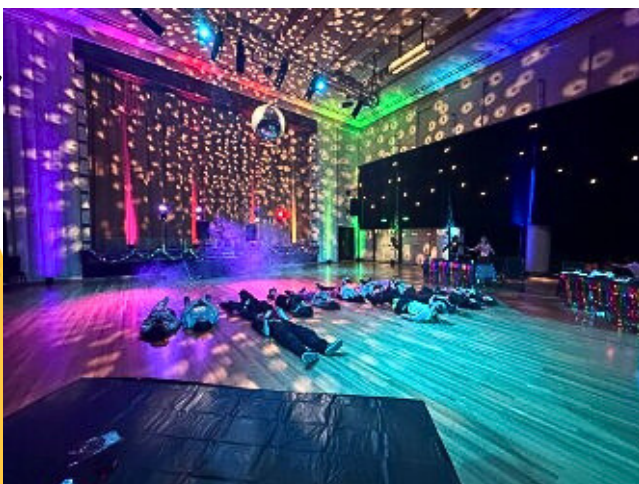
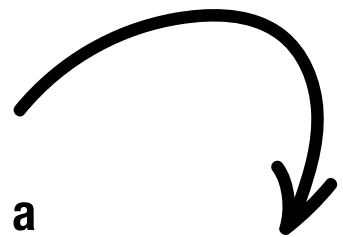
# August Recap in the community



**Our headspace and uniting's stalls at the Horsham College production of "13"**



**Horsham Rural City Council's Pride Prom was a vibe!**

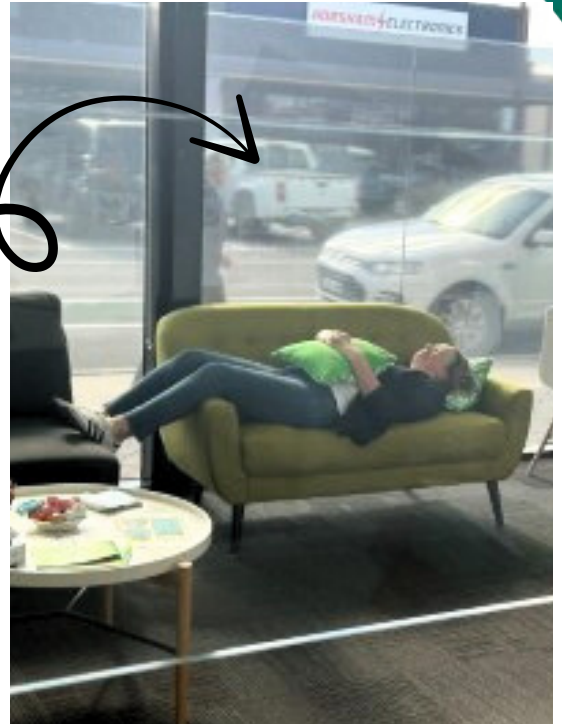




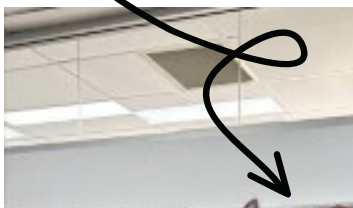
# August Recap



**Kate embodying some of the headspace7 healthy tips**



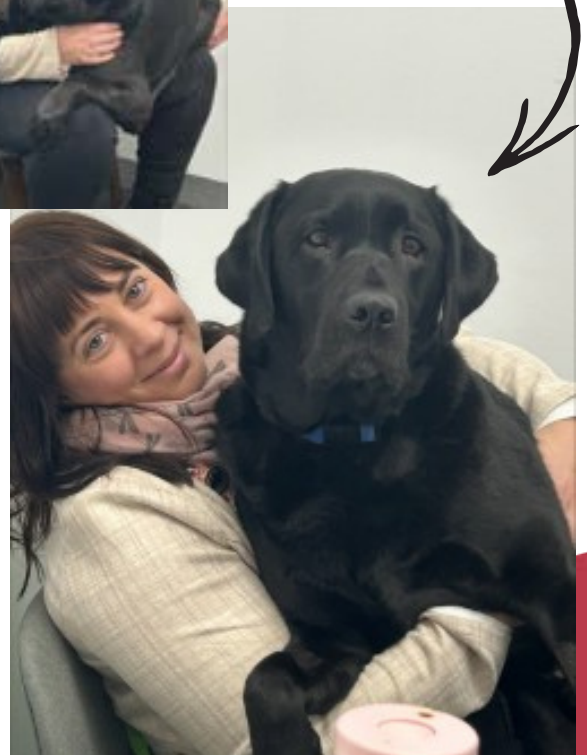
**We celebrated Cass's birthday**



**Not pictured: Charlottes birthday with freddo ice-cream cake**



**U'Nita and Louie cuddles**



# meet the hWY crew!

Hi, I'm Nadia and I'm 20 years old

I have been in hWY for over a year now.

I joined hWY because I have a strong passion for youth mental health and wellbeing. I want to help reduce stigma around seeking support. I understand how important it is to feel heard, so I want to make sure young people know headspace is here to help!

My favourite thing about hWY is planning community events, being a part of a local community, having a voice, but most importantly just having fun!

A fun fact about me is I'm a part of a pen friend letter writing club, and I've made some amazing friends from around the world through it!





# 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





# 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.



## 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.



## headspace

headspace is a national online and phone support service for people aged 12-25, their families and friends. headspace 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 headspace 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/workandstudy](https://headspace.org.au/workandstudy) (for web-chat and email) or phone 1800 610 794.

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





# F.R.O.G

Focused. Resilient.  
Open. Growing

Aug 22 - Oct 10 | For 12-18 year olds



## Leap into Wellbeing!

Join our fun and engaging program designed for 12 to 18-year-olds, where you'll hop into activities that boost your mental health and wellbeing. Based on headspace's 7 healthy tips, 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

## When?

We hop into action on Friday  
22<sup>nd</sup> Aug to 10<sup>th</sup> Oct 3.30-  
5.00pm. It's toad-ally  
happening!

Scan below to sign up!



## Have Questions?

Email: [info.headspace@vt.uniting.org](mailto:info.headspace@vt.uniting.org)

Phone: (03) 5381 1543



GOOLUM GOOLUM

# YOUTH DROP IN

FOR 12 - 18 YEAR OLDS

MONTHLY GROUP TO HANG OUT,  
PLAY GAMES, HOMEWORK HELP AND  
HEAPS MORE FUN ACTIVITIES!

4:00PM - 6:00PM

AUNTY IRENE ROOM

43 HAMILTON ST, HORSHAM

\*DATE TO BE CONFIRMED EACH MONTH

ALL SNACKS AND DRINKS PROVIDED

\*GUARDIAN PERMISSION REQUIRED

\*FOR ABORIGINAL AND TORRES STRAIT  
ISLANDER YOUTH ONLY

FOR MORE INFORMATION PLEASE  
CONTACT HANNAH ON 0484 268 536





Writing Hour



at the Nhill Library

Third Thursday of every month

1pm - 2pm

All welcome



Hindmarsh  
Shire Libraries

Nhill Library  
5 Clarence Street  
03 5391 4449

RIGHT  
HERE  
RIGHT  
NOW



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)





# What Do I Say What Do I Do

**PLEASE JOIN US FOR A FREE COMMUNITY WORKSHOP AND LEARN HOW TO SUPPORT THOSE WHO HAVE LOST SOMEONE THROUGH SUICIDE**

This workshop aims to increase your understanding of suicide bereavement and learn basic support skills: Topics covered include:

- The StandBy Service Model
- Understanding of some of the theories around Grief, Trauma and Suicide
- Identify what makes suicide different from other sudden loss
- Support approaches and best practice
- Self-Care

Please bring yourself a lunch. Light snacks, coffee and tea will be made available



## EVENT DETAILS

**DATE:** Wednesday 17th September 2025  
**TIME:** 10.00am – 1.30pm  
**VENUE:** Dudley Cornell Pavilion 20 Gertrude St, Horsham VIC 3400  
**FACILITATED BY:** Divanshu Kashyap and Jessica Murdoch  
**RSVP BY:** Monday 15th September 2025  
**E:** [standby.wvic@wellways.org](mailto:standby.wvic@wellways.org)  
**T:** 0421 974 949

## FOR MORE INFORMATION CONTACT:

**Divanshu Kashyap**  
*Program Coordinator StandBy Western Victoria*

**M:** 0422 366 262  
**E:** [dkashyap@wellways.org](mailto:dkashyap@wellways.org)



[WWW.STANDBYSUPPORT.COM.AU](http://WWW.STANDBYSUPPORT.COM.AU)

StandBy is an Australian Government initiative



We acknowledge the traditional Custodians of the land on which we operate, and pay our respects to their elders past, present and emerging.



Our organisation is a place where human rights are respected and people of diverse genders and sexual orientation are welcomed and supported.





# Once upon a dance floor

**Where: Stawell Library**

**When: Friday 19 September 2025**

**Squires & Maidens (10-12 yrs)**

**5:00 - 6:30pm**

**The Enchanted Court (12-18 yrs)**

**7:00 - 9:00pm**

**Dress as your favourite fairytale  
character**

**Prize for best costume.**

**★ Free entry!**

**This is a drug, alcohol, smoking & vaping  
free event.**

**No pass outs**





# It's Giving ART



**CLAY CREATIONS  
THURSDAY AFTERNOONS  
SEPTEMBER 4TH, 11TH AND 18TH  
@ THE STATION  
4:00-5:30**

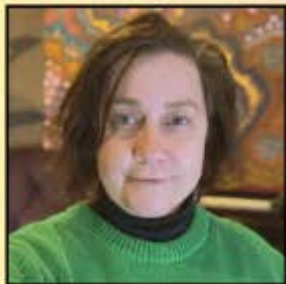




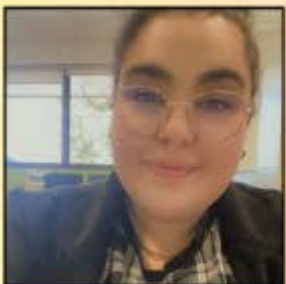
REGISTER VIA



forms.office.com/r/ZmnpCKS2MZ



**Larissa Riddell**  
Youth Services Planning &  
Engagement Officer  
0409827823



**Ari Vettos**  
Youth Programs Officer

# THE STATION

16 PYNSENT STREET, HORSHAM

## SEPTMEBER SCHOOL HOLIDAY PROGRAM



### PROVIDE FIRST AID TRAINING

Registration via [larissa.riddell@hrcc.vic.gov.au](mailto:larissa.riddell@hrcc.vic.gov.au)  
Online module requirement prior to face-to-face  
training. For ages 14 - 25.

**TUES. 23<sup>RD</sup> SEP 1:00 - 4:00**



### GLOW ROLLER DISCO

Get your skates on and boogie at our Roller Disco.  
Two sessions available. All skill levels! Equipment  
provided. All ages. **Held at Wimmera Lutheran  
College Multipurpose Centre**

**THU. 25<sup>TH</sup> SEP GROUP 1: 11:00AM - 1:00PM**  
**GROUP 2: 2:00PM - 4:00PM**



### TALK LIKE A PIRATE DAY

Join us as we celebrate Talk like a Pirate day with a  
screening of The Goonies (PG) For ages 10 - 17.

**FRI. 26<sup>TH</sup> SEP 1:00 - 3:00**



### KICKIN' ARTZ DRAMA

Prone to dramatic outbursts? Love acting? Get two  
hours worth with Larissa Riddell! For ages 10 - 17

**TUES. 30<sup>TH</sup> SEP 1:00 - 3:00**



### STOP MOTION ANIMATION

Up-and-coming animator, Brodie Chequer, will host a  
stop motion workshop over two days! Presence at both  
workshops is essential. BYO devices. For ages 10 - 17.

**WED. 1<sup>ST</sup> OCT 1:00 - 4:00**  
**THU. 2<sup>ND</sup> OCT 1:00 - 4:00**



SEPTMEBER @

# THE STATION

16 PYNSENT STREET, HORSHAM

TUE

2

**AMPLIFY** Ages 12 - 25

Plan, develop & deliver music, creative arts and cultural events **4:00 - 5:30**

FRI

5

**JAM SANDWICH**

Come and jam with up-and-coming musos & singers  
**4:00-6:00 (10-14 YRS)**  
**7:00-9:00 (15-25 YRS)**

THU

11

**IT'S GIVING ART!** Ages 12 - 18

Each month we will be doing a different visual art activity. This month: Clay! **4:00 - 5:30**

TUE

16

**AMPLIFY**

Plan, develop & deliver music, creative arts and cultural events **4:00 - 5:30**

THU

18

**IT'S GIVING ART!** Ages 12 - 18

Each month we will be doing a different visual art activity. This month: Clay! **4:00 - 5:30**

THUR

4

**IT'S GIVING ART!** Ages 12 - 18

Each month we will be doing a different visual art activity. This month: Clay! **4:00 - 5:30**

WED

10

**BOARDGAME CAFE** Ages 12 - 18

A chill spot packed with board games of every kind. Bring a friend or two! **4:00 - 5:30**

FRI

22

**JAM SANDWICH**

Come and jam with up-and-coming musos & singers  
**4:00-6:00 (10-14 YRS)**  
**7:00-9:00 (15-25 YRS)**

WED

17

**PAINT N' VIBES** Ages 12 - 18

Follow along to the soothing tones of Bob Ross or make your own creation! **4:00 - 5:30**

FRI

19

**JAM SANDWICH**

Come and jam with up-and-coming musos & singers  
**4:00-6:00 (10-14 YRS)**  
**7:00-9:00 (15-25 YRS)**

**JAM SANDWICH  
REGISTRATION**







**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 September 2025

## HORSHAM & SURROUNDS

Every Saturday morning

### Wimmera River Parkrun-Horsham

Start your pace every Saturday with Park Run, jogging or walking along the scenic Wimmera River, meeting at Sawyer Park in Horsham at 8am, and feel free to bring your friends, family, or pets. Volunteers are always welcomed too.

Monday - Sunday

### Events @ The Horsham RSL

The RSL offers a variety of events and activities! September offers, **Roy Orbison Tribute, Carter & Carter Dinner Show and Morning Melodies.** Visit their website for all events at: [horshamrsl.com.au/upcoming-events-1](http://horshamrsl.com.au/upcoming-events-1)

First & Fourth Monday each month

### Haven Arts and Crafts

Come and join in on art and crafts sessions at Haven Hall from 1pm to 3pm. Whether you're a seasoned artist or just looking to try something new, our sessions offer a perfect opportunity to explore your creativity in a relaxed and welcoming environment. An ideal way to unwind, learn new skills, and connect with people.

Every Friday or By Appointment

### DALKI GARRINGA - Native Nursery

Dalki Garringa owned and managed by the Barengi Gadjin Land Council. They specialise in growing native plants. The nursery is located at 127 Wail Nursery Rd, Wail, opened from 9am to 4pm. Grab a coffee while you look around! For more information visit their website or call 03 5389 1733

Wednesdays & Saturdays

### Horsham Urban Landcare

The Horsham Urban Landcare team has a busy schedule each month! Join the Boomerang Bag Working Bee at the Senior Citizens Centre on the 2nd Wednesday, the Produce Swap at The Patch (Salvation Army Garden) on the 3rd Saturday, and the Repair Café at the Neighborhood House on the 4th Saturday.

Saturday 6th

### Haven Market

The Haven Market is just 5km from Horsham, conveniently located alongside the Henty Hwy. Open from 9am to 1pm, the market offers a wide range of stalls featuring locally grown produce and homemade goods, something for everyone to enjoy! All set up at the charming Haven Recreation Reserve.

Sunday 7th

### Zine Making with Jacquie Tinkler

Explore the world of Zine making with Nati Frinj artists Jacquie Tinkler. In this workshop you will make a Zine (a small handmade self-published magazine) with lots of support to explore your ideas and learn to use different materials. You'll take home a Zine that expresses your creative story telling ideas in text and images. 10am-1pm at The Goat Gallery, Natimuk. Bookings are essential. Tickets prices are \$25!

Sunday 14th

### Horsham Running Festival

The inaugural Horsham Running Festival will be held on paths alongside the picturesque Wimmera River in Horsham. Join in for a vibrant community running & walking event with something for everyone – from seasoned marathoners to casual strollers. Choose your challenge with a range of distances, including a full, half or quarter marathon, a 5km walk or run option & a 2kms family friendly dash. For registration & ticketing [horshamrunningfestival.com.au](http://horshamrunningfestival.com.au)

Saturday 27th & Sunday 28th

### Horsham Show 2025

The 149th Grand Annual Horsham Agricultural Show is Western Victoria's largest Show and brings together carnival rides, fireworks, livestock exhibits and shearing as well as creative competitions in art, photography, home produce and handcrafts. Saturday 27th Twilight Carnival 5pm till 9pm & Sundays Show Day 10am till 10pm.

### Did you know you can advertise with us!

Simply complete the event submission form online at [visithorsham.com.au/planning-an-event/promote-your-event/](http://visithorsham.com.au/planning-an-event/promote-your-event/)  
Once submitted, your event will be featured on [visithorsham.com.au](http://visithorsham.com.au), Visit Grampians and Visit Victoria.  
We'll also promote it across our Visit Horsham Facebook and Instagram pages and include it in our Monthly What's On.



**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 1800 633 218 | [tourism@hrcc.vic.gov.au](mailto:tourism@hrcc.vic.gov.au) | [visithorsham.com.au](http://visithorsham.com.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.

# What's On September 2025

## HORSHAM & SURROUNDS

Saturday 27th

### Jung Market

Held at the Jung Recreation Reserve on the last Saturday of every month, excluding December when it is held on the third Saturday, from 9am to 1pm. The market has a wide range of local produce & products from stall holder.

Tuesday 30th

### Farewell Doch LIVE @ Horsham Golf Club

BLUES FANS! You're invited to farewell Doch, plus special guest Patrick 'Crippa' Cripps. Doors open 7pm, Photo opportunity 7.30pm, Show commences at 8pm. Horsham Golf Club. Tickets on sale online <https://dchorsham.eventbrite.com.au>



### Outside Horsham area:

Saturday 13th September

### Tower Park Market - Dimboola 9am - 1pm

Family friendly activities, local produce, local food, plus lots more!



### Horsham Regional Art Gallery Exhibitions

#### Kaleidoscope

31st May to 5th October 2025

#### NAIDOC ANNUAL: The Next Generation: Strength, Vision & Legacy

5th July to 26th October 2025

#### View from here: Highlights from the National Gallery collection

8th March 2025 to 7th March 2027

#### The Mack Jost Gift

7th December 2024 to 26th December 2027

#### David Beaumont: Mallee Suite

5th July to 26th October 2025

#### Kids Programs Term 3

##### Mini Makers

Thursdays, 2pm starts; 4th

##### Drama Up!

Wednesdays 3rd, 10th, 17th 4pm start

#### Workshops:

**Acrylic painting workshop:** with David Beaumont, Thursday 4th September, 5.00pm

**Life Drawing:** Thursday 18th, 7.00pm Start

### Horsham Town Hall Performances

#### Hans: Young, Fun & 21

6th September, 7.30pm

#### The 60 Four: Hits of the 60s & 70s

11th September, 7.30pm

#### Its a Jungle Out There - Presented by Horsham Primary School

12th September, 4.00pm & 7.00pm

#### Phantom: A Tribute to Michael Crawford

21st September, 2.00pm

#### Taylor: A Tribute to the Era's of Taylor Swift

22nd September, 7.00pm



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