



headspace
Horsham

September 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



???
community engagement



headspace
Horsham

LGBTQIA+ Dates for August

Bisexual and biromantic visibility day and bi awareness week: 16th - 23rd September

Bisexual and biromantic visibility day is celebrated marks the end of bi awareness week, which is a week long celebration from the 16th - 23rd of September.

Bi Visibility Day has been celebrated on 23rd September since 1999 to celebrate the diversity of bi identities, amplify their voices and take steps to meaningful change.

Someone may identify with being bisexual if they are attracted to more than one gender. Robyn Ochs, a bisexual educator, speaker, and activist, defines bisexuality as, "I call myself bisexual because I acknowledge that I have in myself the potential to be attracted--romantically and/or sexually--to people of more than one gender, not necessarily at the same time, in the same way, or to the same degree."



Did you know?

The bisexual flag is made up on 3 colours each representing a pillar of bisexuality. Pink represents same-gender attraction, Blue represents sexual attraction to the opposite gender. In the case of non-binary genders, it refers to sexual attraction to a different gender and Purple (the overlap between pink and blue) represents sexual attraction to two or more genders.



Happy Birthday Cass



Last month we celebrated our wonderful Cass on her birthday! The team came together for a group lunch inspired by classic Australian children's birthday parties with fairy bread, honey joys and everyone's fav a supermarket mudcake!

We hope Cass had the best day and enjoyed the many happy birthday signs that the team put around the office!





get to know the team



What is your role and what do you do?

I am a community awareness and youth engagement facilitator and a refurbishment project worker at headspace Horsham. I work in the community awareness team and I am responsible for developing the capacity of members in the youth reference group and the coordination of the centre's refurbishment project. I speak with lots of different people across my role including young people, the project working group, team members of headspace Horsham and the architect.

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 10 months and my favourite thing that I have done in this time would be facilitating the co-design process with the youth reference group and getting to champion their voices when sharing feedback on the project.

What is your current Obsession?

An obsession that I always have is Chocolate! My favourite is plain cadbury.

Fun Fact:

I can do the Melbourne shuffle and I also know the dance to Gangnam Style.



ahead of the game



In partnership with the Western Bulldogs Community Foundation, Mikayla & Trina were proud to deliver the Ahead of the Game program across two local clubs. Across four sessions, we engaged with young people as well as the community members who support them, creating a space to connect, learn and have meaningful conversations around wellbeing, resilience and positive support.

It was fantastic to see young people and their support networks come together, connect and participate in conversations that help strengthen positive outcomes both on and off the field.



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 8am – 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:

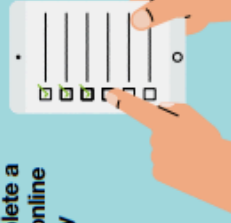
1

Fill in a registration form



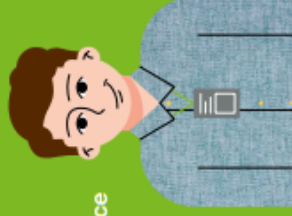
2

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

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

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**



MENTAL
HEALTH
FIRST AID
Australia



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

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

COMING SOON: OUTDOOR CINEMA

The Magic Faraway Tree



Thursday 1 October 2026

6:30pm

**Dimboola Recreation Reserve
(Soundshell)**

School Holiday Program Movie

Free Entry

Free Popcorn & Water

COMING TO THE NHILL CINEMA

Tom & Jerry: Forbidden Compass



Tuesday 22 September 2026
1:00pm



School Holiday Program Movie

Free Entry

Free Popcorn & Water



SEPTEMBER/OCTOBER 2026

SCHOOL HOLIDAY PROGRAM



WEEK 1

WEEK 2

MONDAY 21 SEPTEMBER

Roller Disco

Dimboola Stadium
(Recreation Reserve)
10am - 12pm



Indoor Soccer

Jeparit Memorial Town Hall
2:30pm - 4pm

TUESDAY 22 SEPTEMBER

Movie - Tom & Jerry: Forbidden

Compass

Nhill Cinema
1pm - 3pm



WEDNESDAY 23 SEPTEMBER



First Aid and CPR Training (Ages 12-25)

Nhill Memorial Community Centre
9am - 4:30pm



Rainbow Show Entry Craft

Rainbow Neighbourhood House
10am - 11am

Jeparit Show Entry Craft

Jeparit Library
12:30pm - 1:30pm



THURSDAY 24 SEPTEMBER

Circus Workshop

Nhill College Stadium
10am - 11am

Circus Workshop

Dimboola Stadium (Recreation Reserve)
12:30pm - 1:30pm

FRIDAY 25 SEPTEMBER

AFL GRAND FINAL (public holiday)



Please note: These activities have limited bookings available. Should they be oversubscribed, preference will be given to residents of Hindmarsh Shire.

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.

MONDAY 28 SEPTEMBER

Cooking with Natalia

Rainbow Library
10am - 11:30am



Cooking with Natalia

Jeparit Memorial Town Hall
2pm - 3:30pm

TUESDAY 29 SEPTEMBER

Indoor Soccer

Dimboola Stadium (Recreation Reserve)
10am - 11:30am



Community Event: Open Mic Night

Nhill Memorial Community Centre
6:30pm - 9pm



WEDNESDAY 30 SEPTEMBER



Cooking with Cat Clarke (Ages 10 and over)

Dimboola Memorial Secondary College Hall
10am - 11:30am

Lawn Bowls (Ages 10 and over)

Dimboola Bowling Club
1pm - 2:30pm



THURSDAY 01 OCTOBER



Mosaic with Michelle

Rainbow Neighbourhood House
10am - 11am



Mosaic with Michelle

Jeparit Library
1pm - 2pm

Outdoor Cinema: The Magic Faraway Tree

Dimboola Recreation Reserve (Soundshell)
6:30pm - 8:30pm



FRIDAY 02 OCTOBER

Nhill Show Entry Craft

Nhill Library
10am - 11am



Dimboola Show Entry Craft

Dimboola Library
12:30pm - 1:30pm

Pilates with Kelly

Dimboola Rowing Club
3pm - 4pm



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



Hindmarsh Shire Youth Council
Hindmarsh Shire Council
Hindmarsh Shire Libraries
Nhill Cinema



@hsyouthcouncil
@hindmarshshirecouncil
@hindmarshshirerelibraries