



headspace  
Horsham

# april 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



**Zunaira**  
*youth counsellor*



**Charlotte**  
*youth counsellor*



**Alisha**  
*community engagement*



**Helen**  
*youth counsellor*



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



**Cass**  
*youth outreach*



**Ash**  
*LGBTQIA+ peer worker*



**Jordan**  
*youth peer worker*



**Rob**  
*social work student*



**Louie**  
*trained therapy dog*



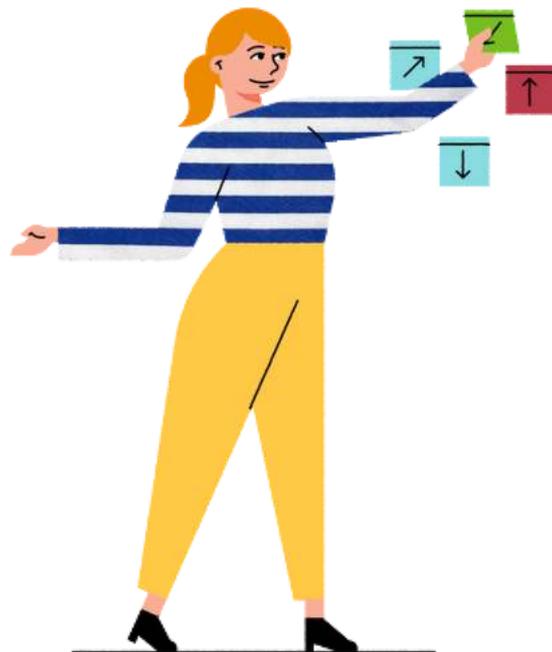
**Jasmine**  
*client services*



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

# Welcome, Andrea!

Exciting news, Andrea from Skills and Jobs Training at FedUni will be going us every fortnight from April 30th! She's here to help young people with all things job and study, whether you need help with a resume, interview prep, or just figuring out your next steps. If you're feeling stuck or need a hand navigating the world of work and education, Andrea's got your back!



# Welcome, Jasmine!

If you've been in our centre already, you might have already met the lovely Jasmine! She joined us in March as our new receptionist and is the friendly face you'll see when you walk through our doors. Jasmine is here to make sure young people, families, and friends, feel welcome and supported when they arrive. Whether you're checking in for an appointment, or have an enquiry about our services, she's always happy to help!



# Farewell, Helen!

After several amazing years at headspace, our incredible Youth Counsellor, Helen, is moving onto new adventures! Helen has brought a wealth of experience, kindness, and wisdom to our team, supporting so many young people along the way. While we're sad to see her go, we're so grateful for everything she has done. Her final day with us will be on April 11th, so if you see her around be sure to wish her the best!



# LGBTQIA+ Dates

We have some sprinkles of celebrations for diverse genders and sexualities here in April! Here's what we're looking forward to this month:

6 April: International Asexual Day

26 April: Lesbian Day of Visibility

Let's take a moment to celebrate these awesome days! They're a chance for us to raise awareness, bring people together, and spark real change across the world!



# Work and Study Panel

Huge shoutout to the YRG team for organising an awesome Work and Study panel! It was great to have LLEN, Skill invest, Skills and Jobs Centre (through FedUni) and our team on board, answering common questions about jobs, study, and career pathways. The panel gave young people a chance to get real advice and feel more confident in their next steps. Big thanks to every who joined and asked questions!



# TAFefest

Alisha, Rob, and Ash had a great time at TAFefest at FedUni! They spent the day hanging out, playing Operation, holding a python (you had to be there), and chatting with students and other organisations. It was awesome connecting with everyone, sharing laughs, and spreading the word about what we do. Big thanks to everyone who stopped by, can't wait for the next one!





the facts:  
mental health challenges

# understanding loneliness

We can all feel lonely at different points in our lives. Loneliness is a feeling and like all feelings, it's trying to tell us something.

Feeling lonely lets us know that we aren't feeling meaningfully connected enough with other people. It's trying to motivate us to do something different.

This doesn't necessarily mean having lots of people to hang out with, it's about meaningful connections – feeling understood and supported.

For some people, loneliness can feel overwhelming and can lead to feeling flat, sad and worried. Some people who experience loneliness might also experience anxiety or depression.

It's important to know that loneliness is not always the same as being alone. Some people can have little contact with others and not feel lonely at all, and some people who have many friends can feel lonely. Everyone is different.



## When might you feel lonely?

Feeling lonely can happen at any time. Big life changes such as relationship break-ups, the death of someone close to us, or moving somewhere new can increase the likelihood of us feeling lonely.

### Other things might include:

- ◆ starting new jobs, school, TAFE or uni
- ◆ living alone
- ◆ not feeling understood by others
- ◆ having little contact with others.



It can be hard to admit that we're feeling lonely. We might feel ashamed, embarrassed, or we might think it's our fault, but it's really common – we all feel lonely sometimes.



## Things you can do when you're feeling lonely

**There are many things we can do to support ourselves that can help us connect with others:**

### Acknowledge that you're feeling lonely

It's trying to encourage you to do something new. Understanding our emotions is an important step in trying something different.

### Create a routine

Include meaningful and enjoyable activities. Doing stuff is really important for our mental health and wellbeing.

### Be kind to yourself

Self-compassion helps gives us the strength to continue when we're faced with life's challenges.

### Create connections

Connecting with others is an important part of being human. Healthy relationships can support us, give us a sense of belonging and improve our mental health and wellbeing.

Putting ourselves out there can feel scary though, but if we want things to change, we need to support ourselves and take action. When we face the things that challenge us, we start to build skills and gain confidence in our ability to cope.

### Grow a relationship

Friendships can take time and effort to grow. Reach out to someone you have something in common with, invite them out and base the activity around whatever you have in common.

### Join a group

Joining a group can help you meet new people that share your interests. There are many different types of groups you can join. These come in lots of shapes and forms. Some ideas you might explore include sporting, community, cultural, spiritual, recreational, creative and even online groups. Consider what you like doing, or try something new, and see if there's a group you can join.

### Volunteer

Volunteering can help us meet new people and give us a sense of purpose. Volunteering Australia ([www.volunteeringAustralia.org](http://www.volunteeringAustralia.org)) is a national body that helps match you with a volunteering opportunity.



**54%**  
Approximately one in two young people feel a sense of loneliness. (headspace 2020).<sup>1</sup>

## Look after yourself

No matter what's going on, it's a good idea to be kind to yourself and practice self-care. These are things like sleeping well, eating well, limit alcohol and other drugs, building skills for tough times and staying active.

## Getting support

Feelings of loneliness can come and go, but if we feel it constantly or it's affecting our ability to do things, it can be a sign that we need extra support. Reach out to a trusted friend, family member, Elder, teacher, counsellor, or a health service for support.

**Check out our website for other tips on looking after your mental health and wellbeing – [headspace.org.au/tips](http://headspace.org.au/tips)**

### Some places to look

Meet Up ([www.meetup.com](http://www.meetup.com)) has many groups both online and in-person; Facebook has online communities that you might be interested in; or you can create your own.

### headspace also hosts weekly

**Peer Support Chats discussions for young people by young people. See our website for more info.**



1. headspace. Loneliness over time: headspace National Youth Mental Health Survey 2020 [Internet]. 2020. Available from: [https://headspace.org.au/assets/HSP10869-Loneliness-Report\\_FA01.pdf](https://headspace.org.au/assets/HSP10869-Loneliness-Report_FA01.pdf)



If you or someone you know is going through a tough time you can get help and support from headspace, your school, TAFE or university wellbeing service or your local health provider. For more information, to find your nearest headspace centre, or for online and telephone support, visit [headspace.org.au](http://headspace.org.au)

If you need immediate assistance call 000 or to speak to someone urgently, please call Lifeline on 13 11 14 or Suicide Call Back Service on 1300 659 467.

headspace National Youth Mental Health Foundation is funded by the Australian Government.

 **headspace**  
National Youth Mental Health Foundation

# Next Gen Legends

Next Gen Legends has been a blast! Staff have been taking turns running sessions, and the turnout has been amazing! Mario Kart and Mario Party have brought out some epic rivalries (particularly against the CPU Yoshi), and lots of laughs.

It's been great seeing everyone connect, build social skills, and just have fun together. Looking forward to more good times ahead in future sessions!





the facts:  
getting help

# helping a friend going through a tough time

When a friend is going through a tough time, it can be hard to know what to do or say.

You might have noticed they:

- ◆ don't seem like themselves, or
- ◆ they're acting differently.

**You might:**

- ◆ let them know that you care
- ◆ ask them what you can do to support them
- ◆ let them know that you're there to help them.

They might not open up at first, but showing them you have their back can give your friend strength and hope. This also lets them know you're someone they can talk to if they do decide to open up later on.

*Asking your friend if they need help can be hard, especially when you don't know what kind of help you can make a big difference to the person having a tough time.*



## What if my friend doesn't want any help?

**For many people, reaching out for support can be really difficult. Some of your friends might need time and space.**

Be patient with your friend. Don't judge them or get frustrated if they don't take you up on your offer of support. Remind them that you're there if they need you and give them time.

Sometimes you might need to involve someone else – like a trusted adult. If you do decide to tell someone, try to let your friend know that you're planning on doing this first and encourage them to get involved in the conversation.



## What can I say to help my friend?

It can be hard to know how to start the conversation. Sometimes it can be as simple as, 'are you doing OK? I've noticed we haven't been in contact as much recently' – or mention what you've noticed that's different.



### Some things to help you plan:

- ◆ Are you in a good headspace and ready to have the chat?
- ◆ Have you had a look at the headspace website to get a better understanding of what might be going on for them?
- ◆ Have you got enough time, and are you free from distractions?
- ◆ Have you chosen somewhere private?
- ◆ Have you found a time that's good for them to chat?

### If it looks like your friend would benefit from additional support, you can say things like:

- ◆ 'Have you talked to anyone else about this? It's great you've talked to me, but it might be good to get advice and support from a health worker.'
- ◆ 'It doesn't have to be super intense and you can make choices about what you want to talk about.'

- ◆ 'A GP can help you with this stuff. You can find one that bulk-bills, so you don't have to pay. I can go along with you, if you want.'
- ◆ 'There are some great websites you can check out to get more information. Have you heard of headspace or ReachOut?'
- ◆ 'Did you know that you can get free and confidential support online or over the phone from places like eheadspace, Kids Helpline and Lifeline. All of these services are anonymous and can help you figure out what's going on for you and where to go for the right support.'
- ◆ 'I know you're not feeling great now, but with the right support, you can get through this. Lots of people do.'
- ◆ 'It's OK to feel this way and I'm here and have your back.' Let your friend know you believe their concern and let them know they're not alone.

## Look after yourself

Supporting a friend through a tough time can be difficult, so it's important that you take care of yourself, too. You can check out our tips for a healthy headspace to look after yourself. These include:

- ◆ get into life
- ◆ create connections
- ◆ learn skills for tough times
- ◆ eat well
- ◆ stay active
- ◆ get enough sleep
- ◆ cut back on alcohol and other drugs.



## Getting support

**If you need support, it's a good idea to reach out for extra help. A good place to start is a trusted friend, family member, Elder, teacher, counsellor, or a health service.**

You can also contact a headspace centre or eheadspace if you would prefer to chat to someone online or over the phone.

**If you or your friend need medical help right now contact 000.**



If you or someone you know is going through a tough time you can get help and support from headspace, your school, TAFE or university wellbeing service or your local health provider. For more information, to find your nearest headspace centre, or for online and telephone support, visit [headspace.org.au](https://www.headspace.org.au)

If you need immediate assistance call 000 or to speak to someone urgently, please call Lifeline on 13 11 14 or Suicide Call Back Service on 1300 659 467.

headspace National Youth Mental Health Foundation is funded by the Australian Government.

 **headspace**  
National Youth Mental Health Foundation

# 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](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)



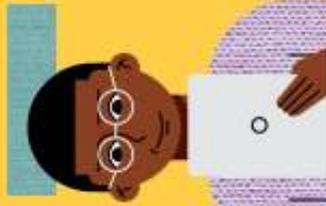
# what might happen if I visit headspace?

## 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.

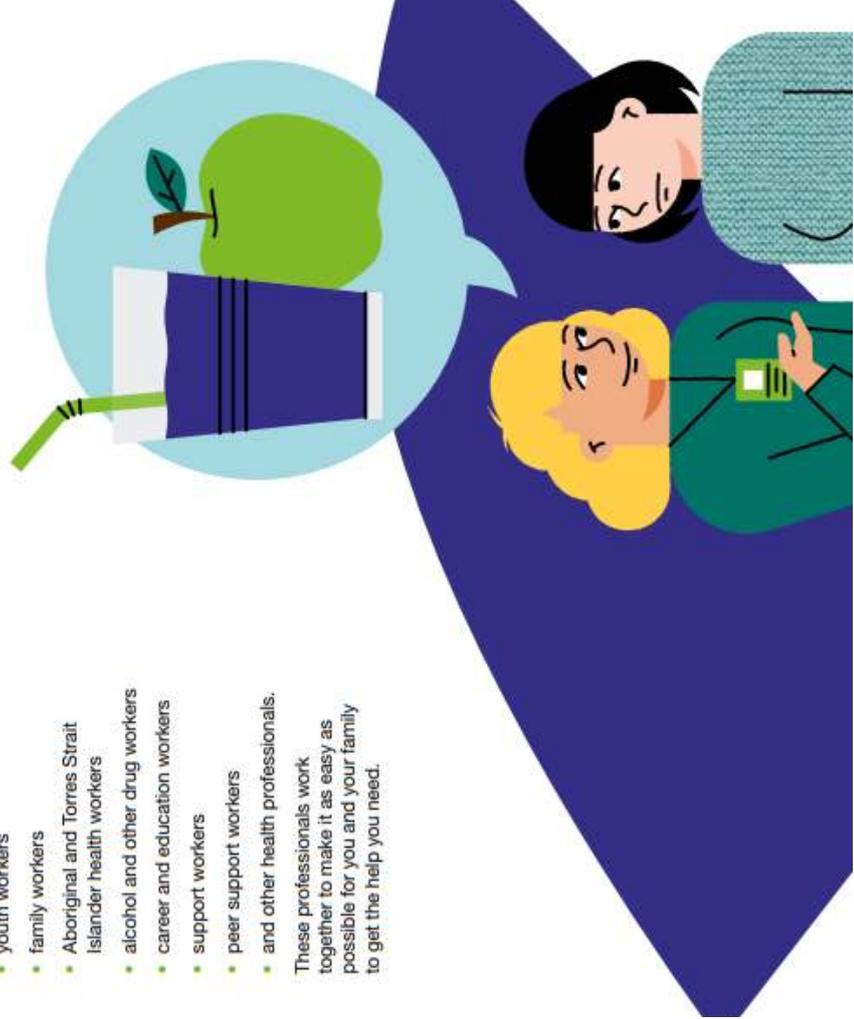
# who provides services at headspace?

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





**HORSHAM**  
Youth

**Neuro - Spicy  
Silent**



# Disco



**SENSORY SAFE PARTY FOR NEURODIVERGENT  
YOUNG PEOPLE AGED 8 TO 16  
PARENTS AND CARERS WELCOME**

**FREE ENTRY**

**SENSORY SAFE FOOD**

**5PM - 7PM**

**FRIDAY APRIL 4 | THE STATION  
16 PYNSENT STREET HORSHAM**

# Get ready to get your L's now!



**WHEN:** MONDAY 7TH AND TUESDAY  
8TH APRIL 2025  
**MUST ATTEND BOTH DAYS**

**WHERE:** CENTRE FOR PARTICIPATION  
39 URQUHART STREET  
HORSHAM VIC 3400  
**TIME:** 10AM-3PM

This Program will help you get ready for your Learners' Permit test. In a group environment you will learn about road rules, hazard detection, safe road behavior and fitness to drive, using the VicRoads interactive course materials for your L's test.

**Laptops and internet access is provided to access the online materials.**

A few things you will need to participate on the day;

- a Category 'A' document (either an Original Birth Certificate or a valid passport)
- a Category 'B' document (can be a Medicare card, bank card or student ID)
- to be at least **15 years and 11 months**.
- The first attempt taking the L's test is free! If successful, you can then apply for your hardcopy learners permit.

To register either;

1. Click on the hyperlink below

[https://docs.google.com/forms/d/1EhBmc2E4K356VhT3J7juX9qcpEn035\\_Bi5Xt3mxYq1E/edit](https://docs.google.com/forms/d/1EhBmc2E4K356VhT3J7juX9qcpEn035_Bi5Xt3mxYq1E/edit)

OR

2. Contact Danielle on 0493 662 4932 or email [danielle@cfp.org.au](mailto:danielle@cfp.org.au)





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



# Anime and Manga Club

**Have an interest in  
Anime and Manga?  
Join Us!!**



**4-5:30pm @ The Station**

**Up Coming Dates:  
26th February  
26th March  
30th April  
28th May  
26th June**

**Activities, snacks and drinks  
provided!**

**For ages 13-25**

**Any questions email Ari:  
[arianna.vettos@hrcc.vic.gov.au](mailto:arianna.vettos@hrcc.vic.gov.au)**

**Register via QR code**



# KALEIDOSCOPE MERCH WORKSHOPS



**Wednesday April 23**

**Thursday May 1**

**Wednesday May 7**

**4:00pm - 6:00pm**

**The Station**

**16 Pynsent St, Horsham**



**Register here**

**Help us create merch to be sold at the  
Kaleidoscope Exhibition opening**



**Merch includes:**

**Loom Bands**

**Badges**

**Keychains**

**Mini-Artworks**

**Magnets**

**Friendship Bracelets**



**All LGBTQIA+ young people and allies aged  
14-18 welcome**

**All profits will be donated to Minus 18**



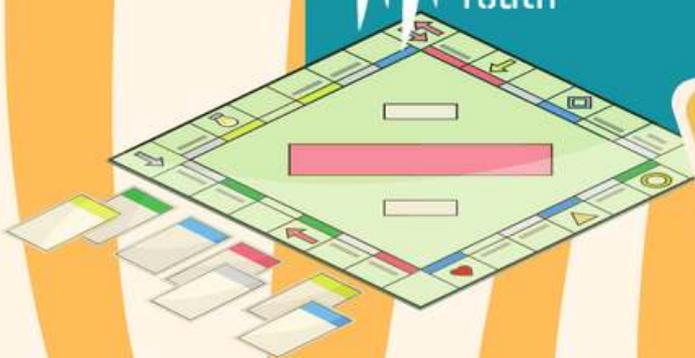
# Open House

The Station will be open to come and hangout every Thursday for all young people (10 - 25) during the school term from 4pm - 6pm

Come chill in our big comfy beanbags on your own or with your friends, watching a movie or listening to music.

Snacks and other activities also available

'The Station' - 16 Pynsent Street Horsham



# THE STATION

SCHOOL HOLIDAY

DROP IN

THURSDAY 10/04

11:00AM - 3:00PM

FOR ANYONE AGED 12-18



# **EASTER CRAFTS**

**WEDNESDAY 16/04  
&  
THURSDAY 17/04**

**TIME 11:00AM – 3:00PM**

**AGES: 10-18**

**THE STATION – 16 PYNSENT ST HORSHAM**



**Register here**



# YOUTH NATURE CREW IS (BELATEDLY) CELEBRATING WORLD FROG DAY!



Thursday April 3rd  
Horsham Police Paddock,  
Rasmussen Road  
4.30pm - 6.00pm



Register Here

We will be joined Michael and Neve from 'Fair Dinkum Fauna' who will teach us about the frogs native to our area - and bring some friends along too!



Youth nature crew is a nature and outdoors group for young people aged 10 to 18



Horsham District  
**Landcare**  
Network



Wimmera CMA



# CURRENT VACANCY LIST

## LABOUR HIRE & GROUP TRAINING

### Electrical Apprentices

**Location: Horsham**

Close Date: 1 Apr 2025

Consultant: Shane Cross

### Civil Construction Trainees

**Location: Horsham**

Close Date: 1 Apr 2025

Consultant: Shane Cross

### Sport Management Trainee

**Location: Natimuk**

Close Date: ASAP

Consultant: Brendan Schier

### Farm Hand

**Location: Horsham**

Close Date: ASAP

Consultant: Tamira Cullinan

### Customer Service Officer

**Location: Murtoa**

Close Date: ASAP

Consultant: Tamira Cullinan

### Road Worker

**Location: Horsham**

Close Date: ASAP

Consultant: Tamira Cullinan

### Road Worker

**Location: Donald**

Close Date: ASAP

Consultant: Tamira Cullinan

### Road Worker

**Location: Warracknabeal**

Close Date: ASAP

Consultant: Tamira Cullinan

### Road Worker

**Location: Stawell**

Close Date: ASAP

Consultant: Tamira Cullinan

### Storeperson / Delivery Offsider

**Location: Horsham**

Close Date: ASAP

Consultant: Tamira Cullinan

SCAN TO VISIT OUR  
JOBS BOARD



WANT TO LEARN MORE?

GET IN TOUCH TODAY

T 1300 135 008

E [recruitment@skillinvest.com.au](mailto:recruitment@skillinvest.com.au)



[skillinvest.com.au](http://skillinvest.com.au)



# SHINE THE LIGHT ON FAMILY VIOLENCE

**Join us for a candlelight walk and vigil starting at 6pm from the gravel area on Ward Street (opposite Coles carpark).**

**Followed by a short ceremony and free sausage sizzle at the Soundshell, Sawyer Park, Horsham. Candles available for purchase prior to walk.**



**Contact**  
**Shane Podolski**  
E [shane.podolski@gmail.com](mailto:shane.podolski@gmail.com)

**Sunday, May 4th**  
**6:00 PM**

WIMMERA COMMITTEE  
AGAINST FAMILY VIOLENCE

SHORT VIDEO LAUNCHED ON  
WCAFV FACEBOOK PAGE