



headspace
Horsham

march 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



U'Nlta
youth enhanced worker



Jordan
youth peer worker



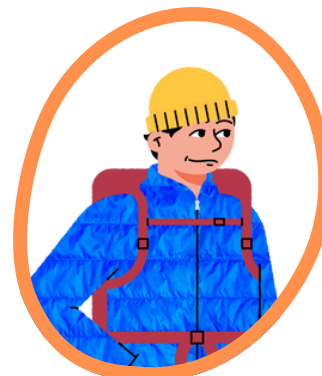
Colleen
client services



Louie
trained therapy dog



Ash
LGBTQIA+ peer worker

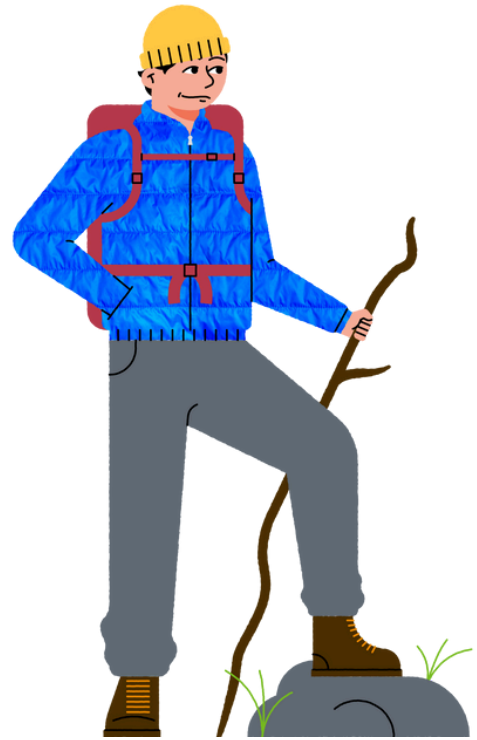


Rob
social work student

Welcome Rob!

Say hey to Rob, our new social work placement student! He'll be hanging out with us until the end of June, bringing his skills, energy, and fresh perspectives to the space. Make sure to give him a warm welcome when you see him!

(We'll be adding Rob's photo in next month's newsletter so you can put a face to the name!)



Farewell Col!

Our beloved Colleen's last day is March 5th, and we're not ready! She's kept this place running, brightened our days, and spoiled us with her elite baking. We'll also miss her adorable sidekick, Wally, who made every visit better.

We're so grateful for everything Col has given us, make sure to send her off with love (and maybe a baked good in return)!



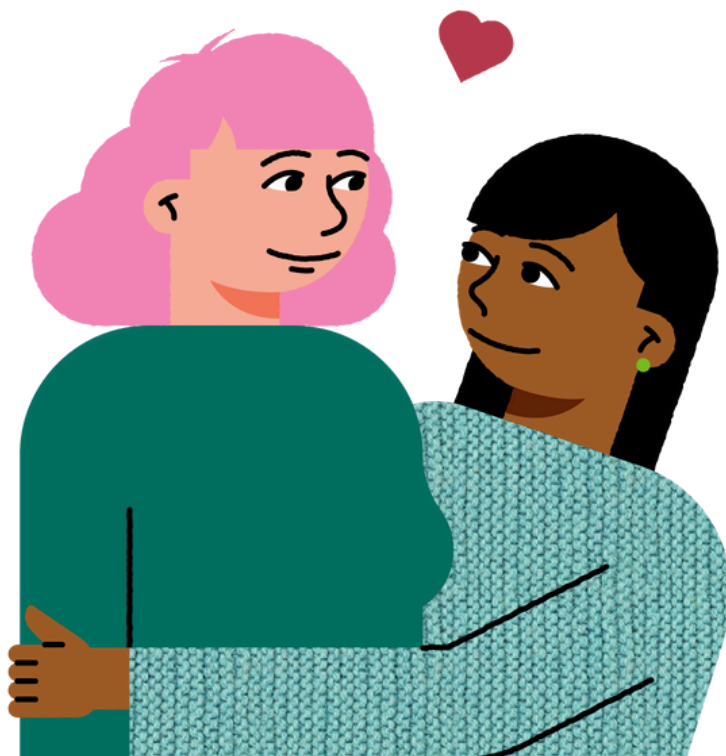
LGBTQIA+ Dates

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

14 February - 2 March: Sydney Gay & Lesbian Mardi Gras

31 March: Transgender 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!





the facts:
navigating life



headspace
National Youth Mental Health Foundation

understanding bullying

Bullying is not just playing around or harmless fun. Bullying happens when someone has (or thinks they have) more power than someone else.

**This could be:
power in numbers**

**being older or stronger
being popular
being in the majority.**

Bullying can increase the risk of developing mental health problems for everyone involved, particularly those experiencing the bullying. It can take place anywhere like at home, work, school, TAFE/uni, online or over the phone.



Bullying is not OK, it's not simply 'a normal part of growing up', it's never the person being bullied's fault, and help is always available.

Different forms of bullying

Verbal (e.g., putting someone down or threatening to cause harm).

Physical (e.g., contact that hurts someone or breaks their things).

Social (e.g., spreading rumours, excluding someone, embarrassing someone in public).

Cyberbullying (e.g., sending harmful messages, pictures or making comments on social networking sites. This type of bullying can be anonymous and posted online where it can be seen by lots of people. And it can go on 24 hours a day, 7 days a week, so people don't get a rest from it).

Bullying can also be done secretly, like doing or saying something behind someone's back. This type of bullying can be harder to see, but it's no less damaging.

Why might bullying happen?

There are many reasons why someone might use bullying behaviour. People who bully may have experienced bullying, trauma or violence themselves. It's still important to remember though, this doesn't make it OK.

People might use bullying because they feel peer pressure, and are trying to feel more secure, more powerful, 'look cool' in front of others, or feel better about themselves. This may be their way of coping if they haven't learnt healthier ways to cope or aren't getting the support they need. Bullying behaviour can also happen because of jealousy, lack of knowledge, fear or misunderstanding.

Bullying is very complex. A person might use bullying behaviour, be a bystander, and/or experience bullying. It can depend on who is around and what the situation is. Each of these roles can have a negative impact on mental health and can make experiencing mental health problems more likely.

What are the effects of bullying?

Anyone who has experienced bullying knows how upsetting it is. People who experience bullying might feel:

alone	humiliated
unsafe	angry
afraid	ashamed
stressed	rejected.

Sometimes a person might feel that there is no escape and may do things to 'fit in', like changing their appearance or acting differently. They may believe some of the awful things said about them, which can impact their sense of self. Sometimes they might want to hurt others, or themselves, because of it.

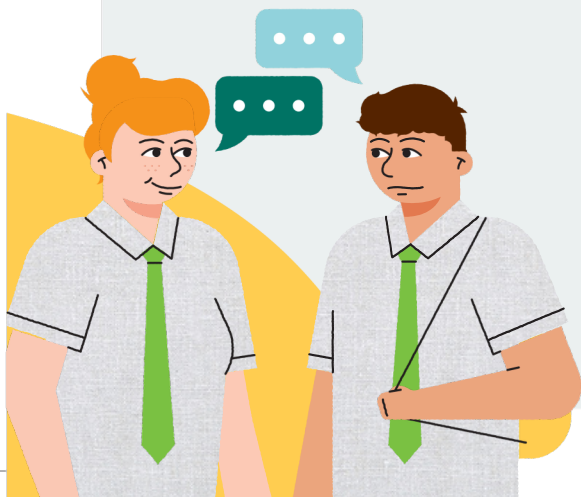
Being bullied can affect a person's performance at school, uni, TAFE or

work, and can continue to affect them through their life adulthood.

Experiencing bullying can also increase the risk that someone will develop depression and anxiety in the future, and it can increase the risk of self-harm, suicidal thinking and suicide.

Bullying can be traumatic, especially when carried out or ignored by others, as having supportive relationships are really important in everyone's life.

Young people report one of the worst parts of bullying is feeling like they're going through it alone, which is why it's so important to support anyone going through a tough time/help them access support or reach out if you're having a hard time yourself.



What can you do about bullying?

Face to face

Stay calm. Try focusing on your breathing as a way to stay calm. Staying calm and not showing that you are overwhelmed can help you to feel better.

Don't fight back, as this can make the situation worse, get yourself hurt or blamed for starting the trouble.

Try to ignore the bullying by calmly turning and walking away. If the person doing the bullying tries to stop or block you, try to be firm and clear. Having friends to stand with you or walk you away is a great idea in these moments.

Try to avoid the person who is bullying you or ask a friend to stay with you when they're around.

Tell a trusted adult what has happened straight away. They can support you and help you find ways to get the bullying to stop.

Get some more information. Schools, universities, TAFEs and workplaces have anti-bullying policies that can help you to find out what you can do.

Cyberbullying

Report any bullying to the site where it is occurring. All social media platforms have a reporting system. It's anonymous, straightforward and depending on what you've reported, there's a chance it could get taken down quickly.

Keep everything that is sent to you with screenshots, whether they're nasty comments, pictures or messages – try to get a permanent copy of it. This is so you can show these to someone you trust later on.

Contact the eSafety Commissioner, if after 48 hours the image or content has not been removed by the site, or if you're feeling afraid or threatened.

Talk to people you trust. Let them know how you're feeling and that you need their support.

Ask your friends to stand up for you by challenging the bullying in low-risk ways.

Talk to your parents, carer, teacher or another trusted adult about what's happening. When families and schools work together, this is the best way to address it.

Block the person or people from being able to contact you and change your privacy settings to protect what you post on social media.

Delete your current online account and start a new one if the bullying is persistent and ongoing. Only give your new details to trusted friends.

Remember, it's unlikely that everyone agrees with the person bullying, even if they don't say something to support you. They might be afraid of getting involved or could be ignoring the person bullying as a way of not joining in. It's important that everyone feels comfortable standing up for one another in ways that won't put them at risk.

What is a bystander?

Someone who sees or knows about the bullying is called a bystander. It can feel difficult to step in, but a bystander can have a big effect on whether the bullying continues or not. It can also help someone who has been targeted see they have people who support them.

What can I do if I'm a bystander?

Try not to support the bullying by looking on and doing nothing, laughing at the person being bullied or by 'liking' or sharing hurtful photos or posts online.

If you feel safe, step in and speak up in an assertive but not an aggressive way. Show the person that you're there for them by spending time chatting with them and helping them to walk away from the situation. Remind the person being bullied there is always help available.

It's important to think carefully about your safety before you try to stop the bullying. If you can't safely take action yourself, report it to a trusted adult and let them know you want to remain anonymous.

Getting support

If you're being bullied, it's a good idea to build your supports and know you're not alone. Building a support network of family, friends, Elders, staff from school or work and/or mental health professionals is important to getting support and putting a stop to bullying as quickly as possible.

See our website for more information about bullying and how to support your mental wellbeing – headspace.org.au



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

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

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This Month In YRG

Our Youth Reference Group have been VERY busy in February 🤝

We had a public speaking workshop that our facilitator, Alisha lead with the group. We looked at techniques like body language, eye contact and summarising. Our members practiced their skills, and all had a go at sharing in front of the group 📢

There was also a very exciting meeting where we got to FINALLY get to remove the painter's tape from our mural in the groups room! It was the most satisfying thing to do on a Tuesday afternoon 🌟

March is going to be a big one, so keep an eye out for some great events hosted by our YRG 👁️





the facts:
tips for a healthy headspace



headspace
National Youth Mental Health Foundation

learn skills for tough times

Sometimes life can be hard. From relationship issues, to work and study stress, to simply feeling low – we all go through stressful and emotional periods. When this happens, our coping strategies kick in – things we've learnt over time to help us cope.

We all have different ways of coping with things. Some people use healthy ways of coping – like journalling, meditation or talking with family or friends. But for many of us, the strategies we turn to can actually leave us feeling worse. We may stop doing things we enjoy, turn to alcohol and other drugs, or disconnect from family and friends.

How does learning skills for tough times help?

Where should you start if you want to learn new ways to cope with tough times?

Firstly, think about how you react to stress. Take time to understand what you do and why you do it. This builds your self awareness. It can also help you learn things about yourself that can help you handle tough times in the future. The more you understand yourself, the better you will be at applying positive strategies that work for you.

Here's how learning new and positive ways to handle tough times can help your headspace. It can:

- ❖ Improve your self-awareness
- ❖ Give you a sense of achievement
- ❖ Build your confidence
- ❖ Increase your energy levels
- ❖ Boost your mood
- ❖ Improve your motivation
- ❖ Allow you to identify strategies that might not be as helpful.

Developing your own strategies that work for you can help build your resilience, your self-awareness and your confidence.



Ideas for how you can handle tough times:

- ❖ Journal – write a story or music
- ❖ Connect with country, family or friends, or your mob
- ❖ Express your feelings through artwork, song, and dance
- ❖ Write down your triggers or what you find difficult
- ❖ Schedule in regular catch ups with family and friends
- ❖ Do a digital detox or reduce screen time
- ❖ Spend time in nature – go for a swim, go fishing with friends, play sport
- ❖ Practise being kind to yourself
- ❖ Listen to things that make you feel happy, like a podcast or your favourite song
- ❖ Try meditation/relaxation exercises
- ❖ Try some breathing exercises
- ❖ Stay deadly, strong and proud of who you are!



How do I develop my own coping strategies?

Here are seven strategies you could use.

1.

Notice what you do when you are going through a tough time.

Everyone copes with tough times in different ways. Noticing how you handle tough times is the first step towards changing things that aren't working for you. Pausing for a few seconds gives you the power to choose how you'd like to act, rather than reacting without thinking.

2.

Reflect

Are your current coping strategies helpful? Thinking about this is not easy to do and can take some practice. To help, try these questions:

◆ Is the way I respond to tough

times helpful, or not?

◆ How are my thoughts or feelings influencing what I do?

◆ Why do I respond in that way?

◆ How could I approach these challenges differently?

3.

Start sooner rather than later

Try to build your coping strategies as soon as you notice you're having a rocky time.

4.

Make it work for you

Your strategies might be very different to someone else, and that's OK! Everyone is different.

5.

Get support

It can help to let those closest to you know your new coping strategies. That way, when you're distressed, and if you're not thinking clearly, they can support you with your new plan.

6.

Notice the benefits

A lot of growth can come from how we manage the challenges that life throws at us. Noticing the benefits will help motivate you to continue trying new ways. Plus, it will help build your resilience!

7.

Be kind to yourself

Trying out new skills can be tough and it's normal to have ups and downs. Remember it's a process and you learn something every time you try again.

Getting support

There are lots of ways to look after your headspace.

Check out the headspace website for tips on how to look after your mental health.

If you've tried some of these strategies for some time without improving despite your efforts, it's time to reach out to a trusted friend, family member, Elder, teacher, counsellor, or a health service.



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

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.

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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:

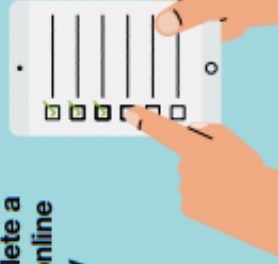
1

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.

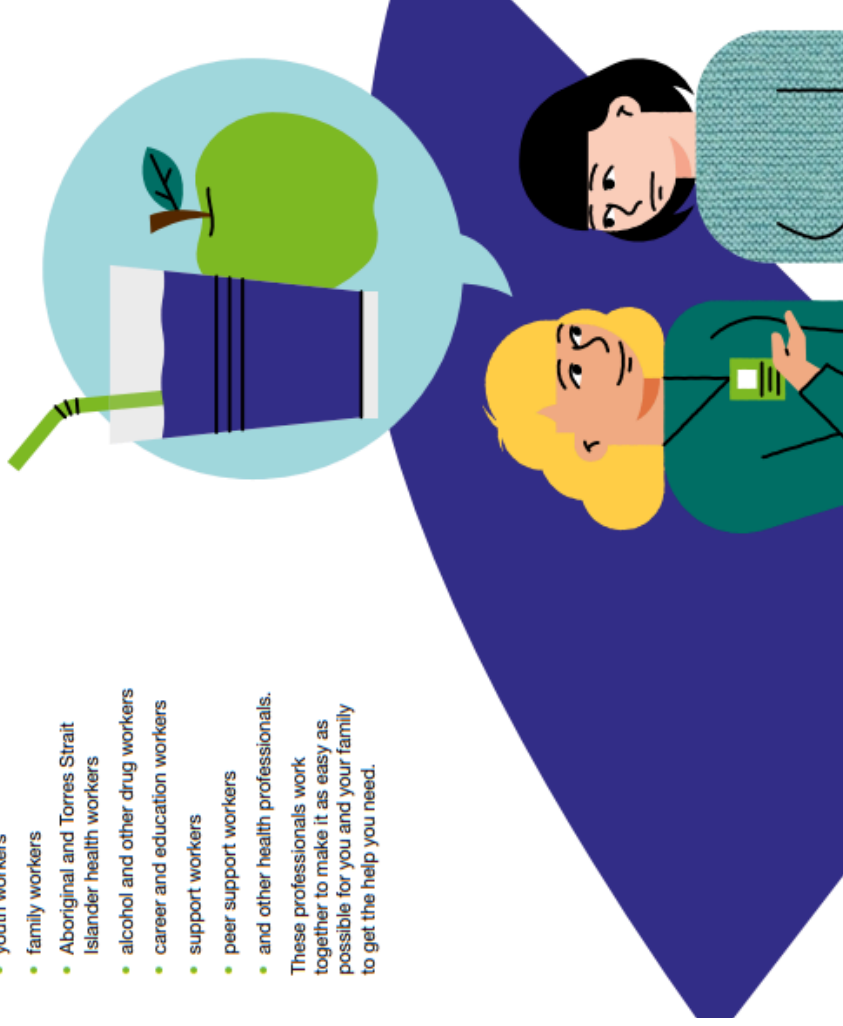
who provides services at headspace?

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





YOUTH DROP IN CLAPSTICK PAINTING WORKSHOP

AGES 12-18 YEARS

COME ALONG TO OUR FREE
WORKSHOP AND PAINT OR BURN
YOUR OWN SET OF CLAPSTICKS!

ALL EQUIPMENT & FOOD PROVIDED

WEDNESDAY 12TH MARCH
4:00PM – 6:00PM

'THE STATION' 16 PYNSSENT ST, HORSHAM

ALL CLAPSTICKS TO BE DISPLAY DURING NAIDOC WEEK CELEBRATIONS
FOR MORE INFORMATION PLEASE CONTACT
HANNAH ON 0484 268 536

This activity is made available through Dhelk Dja:
Safe Our Way Community Initiative Fund



SPACE4US

Join us for the SPACE4US School Holiday Program – a 4-day program designed for young people aged 13-15 with a family member who has experienced poor mental health.



This program is all about bringing young people together to share their experiences, connect with others who truly get what they're going through, and have a blast while doing it!

Throughout the 4 days, you'll dive into fun activities, engaging discussions, and explore ways to tackle tough times. It's a chance to learn, laugh, and grow stronger, all while making new friends who understand you.

Don't miss out on this unique opportunity to be part of something special – where fun and mental health support go hand in hand!

Date: 7/04/25 to 10/04/25

Time: 10am - 3:30pm

Location: Horsham (more details to be provided on registration)

For more information or to register contact:

Phone: 53811543

Email: info.headspacehorsham@vt.uniting.org

work & study info night @ headspace

For young people 16-25

Where do I start in
my work and study
journey?

How do I know
where to find the
right information?

Join us at headspace Horsham, as we ask these questions and MORE to local experts from Skills & Jobs Centre, Skillinvest and Wimmera Southern Mallee LLEN!

March 27th
5:30pm - 6:30pm
77 Hamilton St, Horsham
Snacks provided!



For more information call us on (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

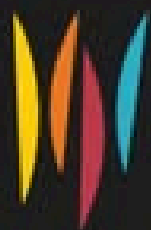
ALL SNACKS AND DRINKS PROVIDED

*GUARDIAN PERMISSION REQUIRED

*FOR ABORIGINAL AND TORRES STRAIT
ISLANDER YOUTH ONLY

FOR MORE INFORMATION PLEASE
CONTACT HANNAH ON 0484 268 536





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 PYNSSENT STREET HORSHAM**

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

Register via QR code



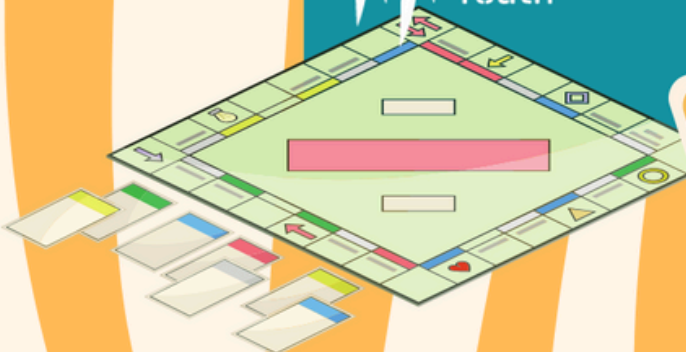
Open House

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



Entry Forms and
Rules are on our
Facebook group
page/files



Check in
Starts at
9am on
Saturday

The Western District Tyrepower Casterton Harrow National Bush Billycart Championships

The Western District Tyrepower Casterton

Proudly sponsoring the 250kg class.



Saturday & Sunday Long Weekend in March 2025

CLASS SPONSORS - ALL CLASSES WILL HAVE PRIZE MONEY

MRC Rock Company

Proudly sponsoring the
150kg class.



NEVER LATE FREIGHT

Proudly sponsoring the
Junior class.

Please Support our Sponsors



West Wimmera Shire Council

For more info,

email: harrowbillycarts@gmail.com.

or PO Box 21 Harrow Vic 3317



Harrow National Bush Billycart Champs. **1.2km track**



Gambier Earth Movers

Come watch the drivers

race the clock on the

1.2km track

Edenhope Auto Electrical

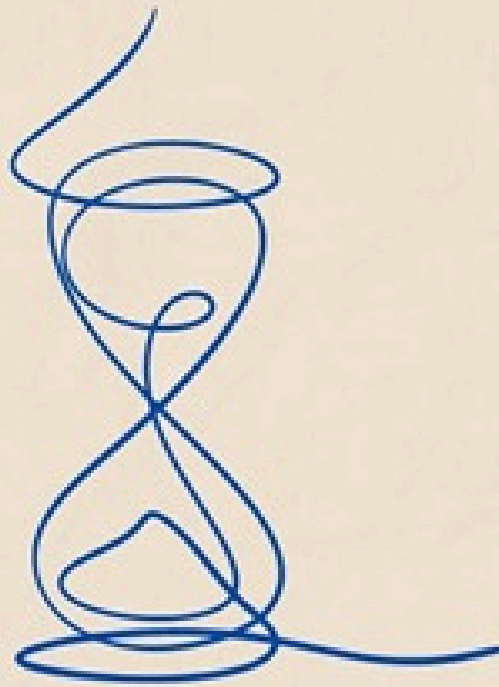
Harrow & District Mobile Crutching



SCAN ME FOR

**All entry forms, payment and cart scrutineered, must be completed
before able to race.**

Save the Date



It's time to open the
Goroke Time Capsule that
was closed in 2000

MARCH 9th, 2025

More details to follow

BEULAH

RECREATION

RESERVE

MARCH
8th & 9th
2025

WIDE OPEN SPACES *Festival*

A weekend of
MUSIC
FOOD & FUN

Saturday

Creekside Market 9 am

Classic Cars

Music 2 pm to 10 pm

Paul Costa & Band

Rhys Crimmin

Darryn Wardle & Jeff Woodward

Brodie Glen

and others....!

Sunday

Fishing Competition 8 am

Car Boot Sale 9 am

Music & Family Day 1 pm

Pony Rides | Duck Race | Face Painting

Music

Darryn Wardle & Jeff Woodward

Elias Lanyon (The Voice)

Nicole Matthews

Music for Kids

All Weekend

Southern Mallee R C Truckers

(Remote Controlled Trucks 9 - 4 & Friday night under lights)

Food | Coffee | Cold drinks | Bar Available / BYO Alcohol

Activities for kids | Workshops |

Powered sites - bookings 53902200 | FREE Unpowered sites available

Tickets available online through Eventbrite and at Venue