



headspace
Horsham

july 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



Anna
case manager



Rob
mental health counsellor



Trina
team leader of community awareness



Mark
community engagement



Cass
community engagement



Haylie
client services



Kate
centre manager

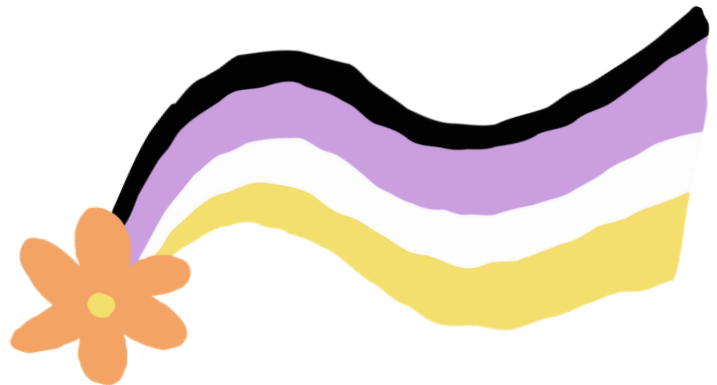


AK
mental health counsellor

LGBTQIA+ Dates for July

International Non-Binary Peoples Day: 14th July

International Non-Binary Peoples Day is a celebration of those who don't fit into a binary gender, meaning that they don't identify themselves as exclusively being a woman or a man. Being non-binary can mean a range of things from feeling like a mix of genders or feeling as if they have no gender, with many of them choosing pronouns like they/them as a way of displaying this. International non-binary day advocates for non-binary individuals by shedding a light on their experiences in hopes for greater understanding, protection and rights globally. The reason it is celebrated on this day is because it's midway between International Women's Day and International Men's Day symbolising the spectrum of gender.



Did you know?

- The Yellow Stripe Represents: A gender outside of the binary.
- The White Stripe Represents: Those who have multiple or all genders.
- The Purple Stripe Represents: Those who fall between the male/female binary.
- The Black Stri[e Represents: Those with no gender.



♥ Brisbane forum ♥

From the 15th -19th of June Kate, U'Nita, Shanu, Haylie and 2 of our hWY members Bethany and Hope embarked on a journey to Brisbane to attend the headspace forum. The team started their morning at 6.30am on Monday and finished the day in the beautiful city of Brisbane where they shared a meal and hit the hay ready for the busy week ahead.



Day 0:

The morning started off with a beautiful welcome to country completed by traditional custodians from the area, followed by orientation and some housekeeping. The CEO of headspace Jason spoke about how much the headspace model has evolved and introduced everyone to the 'Growing Together' theme of the Forum.

After all of the introductions the different teams split off to attend role specific workshops to upskill and connect with others. All of the workshops followed different timetables and covered a range of different topics and included many interactive activities as well as hearing from panel conversations.

Day 1 and 2:

Days 1 and 2 were all about attending different breakout groups that covered a range of topics from supporting LGBTIQA+ young people and families, embedding cultural safety in centres and emotional reflections, all the way to working with neurodivergent young people, guiding career thinking and supporting young men. In addition to these breakouts there were a number of keynote presentations by some incredible speakers as well as musical performances from talented young people.

The whole Brisbane experience was great for the team to build their own skillsets and network with other centres as well as learning and growing together.

♥ Brisbane forum ♥





The Careers Expo



This month headspace Horsham attended the 40th Wimmera Careers Expo, where we connected with hundreds of young people from schools across the region. It was a fantastic opportunity to chat about careers in mental health, share information about the headspace Work Study Program, and provide practical tips to support young people's wellbeing.

We also heard directly from 240 young people through a survey where we sought to learn more about what young people are experiencing at the moment and what really matters to them. We are looking into these insights currently and look forward to sharing more about what we learnt and how we are going to help in this space. More information and updates to come next month around this, so watch this space.

A big thank you to everyone who stopped by our stall and shared their thoughts. Your voices help shape the way we support young people across our community and ensure that we are championing young people.





Teen Mental Health First Aid



Over the months of April, May and June, the headspace Horsham team has been busy at St Brigid's College, delivering Teen Mental Health First Aid training to the entire school! In total, an incredible 224 students completed the program, building their knowledge, confidence and skills to recognise when a friend might be struggling and how to support them while encouraging them to seek help from a trusted adult.

Teen Mental Health First Aid teaches students how to provide initial peer-to-peer support to a friend or classmate who may be experiencing a mental health problem or mental health crisis, until professional help is received or the crisis resolves.

Students learn about the signs and symptoms of common mental health problems in adolescents, how to recognise and respond to an emerging or worsening mental health problem, and the interventions and supports available.





The Push Up Challenge



And just like that, the push up challenge has come to a close! We would like to give a massive shoutout to all of the amazing people who took part in the challenge across the Uniting teams to raise funds for our headspace centre!



The total funds raised for headspace Horsham was \$2,747 and we COMPLETED 71,652 push-ups/ reps. The national statistics are incredible as well:

230,423 people participated in the campaign.

\$12,630,303 raised for mental health in Australia.

329,495,480 push-ups/ reps completed.

Everyone should be proud of these results and all of the conversations we've had along the way to raise awareness for mental health and suicide in our communities.



FROG program



In this session the participants learnt what eating well looks like and even gave it a try with using a recipe from the Tight arse cook book with making homemade omelette burritos. Eating well is important to maintain good mental health and wellbeing and is one of the 7 headspace healthy tips. We absolutely love the tight arse cookbook from Ballarat community health as it provides lots of cheap and nutritious meals options and has education around food insecurity.



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 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.

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



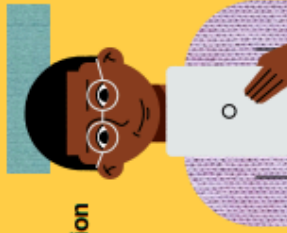
what might happen if I visit headspace?

at the first visit

Your first visit may be in person, or on the phone.
At the first visit you will:

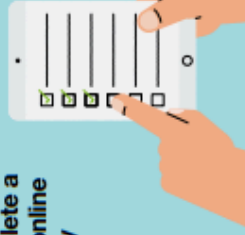
1

Fill in a registration form



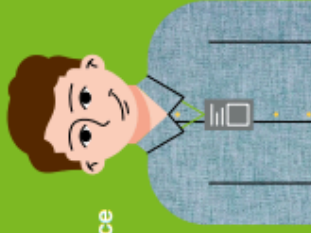
2

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.

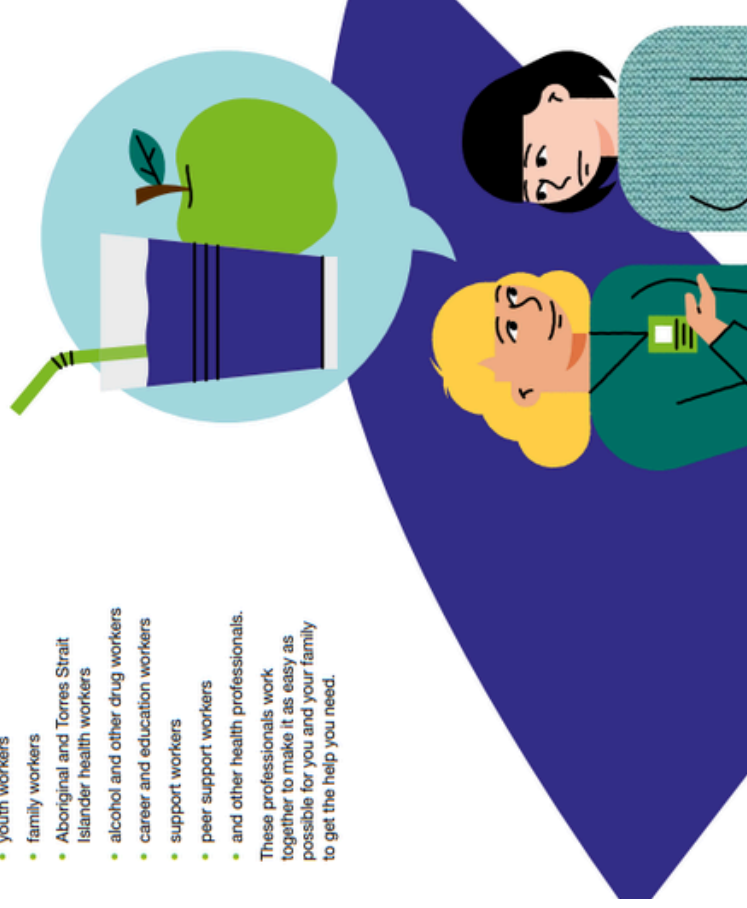
who provides services at headspace?

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



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?

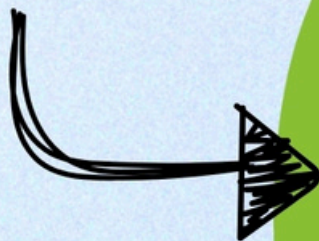
Physical & sexual health?

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



JUNE/JULY 2026 SCHOOL HOLIDAY PROGRAM



WEEK 1

WEEK 2

MONDAY 29 JUNE

Make your own Shrinky Dinks

Dimboola Library
10am - 11am



Cookie Decorating with Tegan

Nhill Memorial Community Centre
1pm - 2pm



TUESDAY 30 JUNE

Dance with Katherine Fraser

Dimboola Memorial Secondary College Hall
10am - 11am

Dance with Katherine Fraser

Wimmera Lutheran College Nhill - Multipurpose Hall
1pm - 2pm



WEDNESDAY 01 JULY

Badminton Clinic

Primary School Age

MECCA Rainbow
10am - 11:30am



Badminton Clinic

Secondary School Age

MECCA Rainbow
12pm - 1:30pm

THURSDAY 02 JULY

Dance with Katherine Fraser

Rainbow MECCA - Supper Room
10am - 11am

Dance with Katherine Fraser

Jeparit Memorial Hall
1pm - 2pm



FRIDAY 03 JULY

Multi-Sports Day

Jeparit Memorial Hall
10am - 11:30pm



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 06 JULY

Basketball Clinic with Fab (ages 9 and under)

Dimboola Stadium (Recreation Reserve)
10am - 11am

Basketball Clinic with Fab (ages 10-13)

Dimboola Stadium (Recreation Reserve)
11am - 12pm

Basketball Clinic with Fab (ages 14 and over)

Dimboola Stadium (Recreation Reserve)
12pm - 1pm

NAIDOC Week Story Time

Jeparit Library
2pm - 3pm



TUESDAY 07 JULY

Cookie Decorating

Rainbow Neighbourhood House
10am - 11am

Board Games and Puzzles

Nhill Memorial Community Centre
2pm - 3:30pm



WEDNESDAY 08 JULY

Cookie Decorating with Tegan

Jeparit Library
10am - 11am

Cookie Decorating with Tegan

Dimboola Library
1pm - 2pm



THURSDAY 09 JULY

Get Creative with Turbo Gallery

Turbo Gallery, Rainbow
10am - 12pm

Board Games and Puzzles

Jeparit Library
2pm - 3:30pm



FRIDAY 10 JULY

NAIDOC Week Story Time

Rainbow Library, 10am - 11am
Dimboola Library, 10am - 11am
Nhill Library, 11am - 12pm

Movie: Minions & Monsters

Nhill Cinema
1pm - 3pm



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
@hindmarshshirelibraries



School Holiday Program

June & July

2026

MONDAY
JUNE
29

Get Wild

Lets learn about animals, play some games and get up close with some animal friends

WEDNESDAY
JULY
1

Worry worms & yarn craft

Come get creative and make some yarn crafts with us. different crafts for different ages

WEDNESDAY
JULY
8

Science Day

Lets have fun with some science experiments

FRIDAY
JULY
10

Movie Day

Come and watch The Lego Movie 2. We will have Lego to play with and pizza

Where: Stawell Neighbourhood House

Time: 11am - 1pm.

Cost: Gold Coin Donation

Age: Young people 8-14 years

Children under 8 need a parent/carer to stay

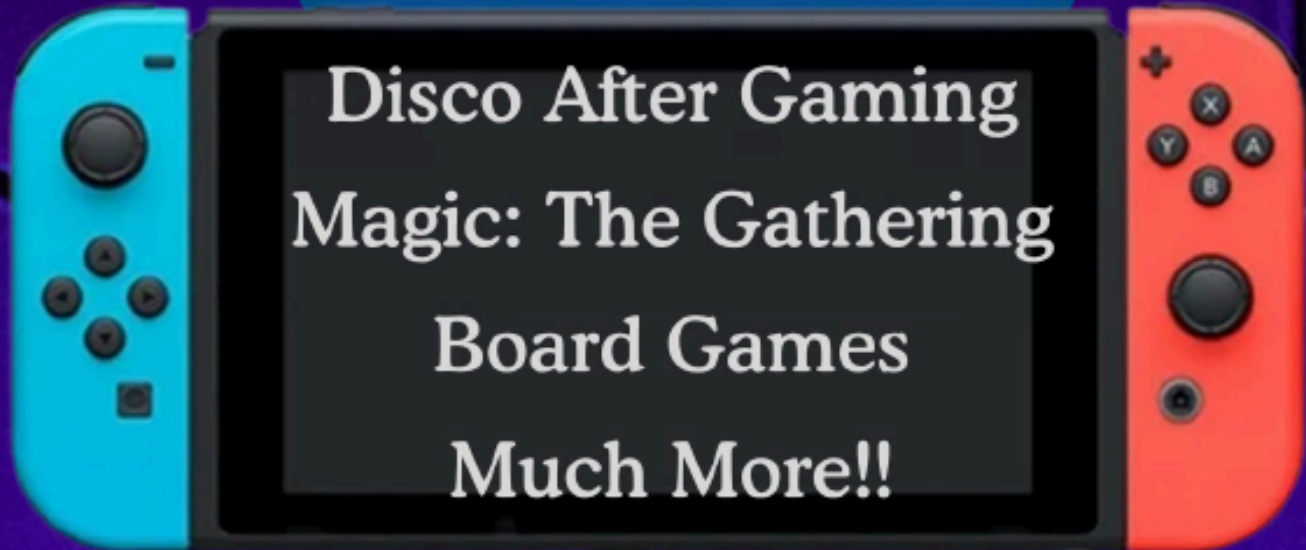
Bookings are essential as spaces are limited.

To book please call

Stawell Neighbourhood House on 5358 3500

Area-Con

RECHARGED

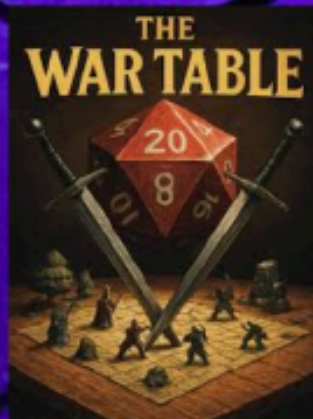


July 2nd

10-4PM Games, 5-7PM Disco

Stawell Entertainment Centre

**LEVEL
UP**



Latest &

Greatest Games!

Cosplay

WELCOME

Please note that this is a drug, smoke, vape and alcohol free event.

COME ALONG TO GOOLUM'S



POP CULTURE WEEK



JOIN US FOR 3 DAYS OF POP CULTURE, NERD TALK, GAMES, PRIZES AND SPECIAL GUESTS THIS SCHOOL HOLIDAYS!



TUESDAY 30TH JUNE

SPECIAL CHARACTER VISITORS ALL DAY!

TRANSFORMERS @ 10:30AM

STAR WARS @ 11:30AM

MARVEL @ 1:45PM

COMMUNITY COLLECTION DISPLAYS
FROM 10:00AM - 3:00PM



THURSDAY 2ND JULY

GAMING DAY!

FROM 10:00AM

VERSE THE STAFF TOURNAMENT
PRIZES TO WIN IF YOU BEAT THE STAFF!

WEDNESDAY 1ST JULY

HUB MOVIE DAY!

2:00PM - 4:00PM

ALL MOVIES SNACKS & DRINKS PROVIDED!

WEDNESDAY 1ST JULY

FAMILY TRIVIA PIZZA NIGHT

5:00PM - 8:00PM

GIVEAWAYS & PRIZES FOR THE
WINNING TEAM



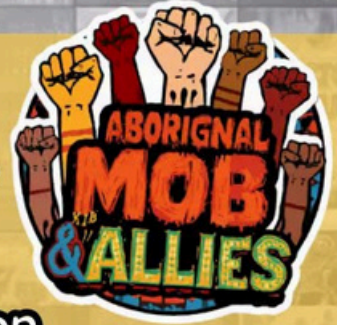
DALKI GULI HUB
36 HAMILTON ST, HORSHAM
FREE COFFEE & LUNCH EVERYDAY

REGISTER NOW AND LET US
KNOW YOU'RE COMING TO
OUR DEADLY EVENT!



NAIDOC WEEK 2026 ART EXHIBITION PRESENTATION AND BUNJIL'S VIEW 3 PREMIERE

We are excited to announce our annual NAIDOC Week Art Exhibition at the Horsham Regional Art Gallery. On display will be all forms of artwork, all created by our local Community. This exhibition will be running until 9th August 2026.



We are also thrilled to announce premiere of the last instalment in our Bunjil's View film series 'Unfinished Business'.

WEDNESDAY 8TH JULY
HORSHAM TOWN HALL
71 PYNSENT ST, HORSHAM
5:30PM - 7:30PM
(PRESENTATION TO START AT 6:00PM)



SCAN THE QR CODE TO REGISTER FOR CATERING & TRANSPORT



**NAIDOC
WEEK**
**50 YEARS
DEADLY**
5-12 JULY 2026



NAIDOC WEEK 2026 FLAG RAISING & OPENING CEREMONY

Goolum Goolum & BGLC are looking forward to sharing this day with our Aboriginal & Torres Strait Islander Community, families and allies.



Welcome to Country
Smoking Ceremony
Flag Raising
Traditional Dance & Music

Yarning & connection
Food share
Reflection

MONDAY 6TH JULY
DALKI GULI HUB
36 HAMILTON ST. HORSHAM
10:00AM - 12:00PM



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**NAIDOC
WEEK**
**50 YEARS
DEADLY**
5-12 JULY 2026





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





**mental health &
wellbeing connect**

Free for family, carers and supporters

Grampians



Help, hope and purpose

Grampians Mental Health and Wellbeing Connect

For Families and carers

We will provide a warm and welcoming space for family, carers, kin and supporters of all ages and backgrounds of people with mental health and/or substance use challenges. You will be able to connect with peers, access tailored information, resources, advocacy, peer support (individual and group-based), and support access to brokerage funds.

All of our staff have a lived experience of supporting someone. We are here to listen to families, carers, kin and supporters, and we offer a variety of supports based on your specific needs. We work across the Wimmera and Central Highlands regions providing support in-person and over the phone.

Call 1800 962 008

Email GrampiansMHWConnect@mindaustralia.org.au

Support is available for people in the Ararat, Ballarat, Golden Plains, Hepburn, Hindmarsh, Horsham, Moorabool, Northern Grampians, Pyrenees, West Wimmera, and Yarriambiack local government areas.

In partnership with

