



headspace
Horsham

august newsletter

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



HeyWire Writing Competition

A call out to young people aged 16-25! Heywire is a lived experience storytelling competition for young people living in regional, rural and remote Australia. For more than 26 years, Heywire has been championing the bravery and vulnerability it takes to tell your story, your way.

Heywire isn't seeking the most grammatically perfect or articulately written story. In fact, you can even submit dot points, so long as your story is authentic!

What's in it for me?

You can win a free trip to the once in a lifetime, all expenses paid trip to the ABC Heywire Regional Youth Innovation Summit in Canberra early next year.

And...

Have a bespoke opportunity to work with an ABC Producer to share your story on a national platform!

The Heywire competition closes on the 1st September this year so get in quick! For more info, visit their website at: <https://www.abc.net.au/heywire>

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



Alberto
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



Wally
staff therapy dog

ever thought about joining our headspace team?

we have an exciting
Youth Mental Health Clinician
role open for someone
who is passionate about supporting
young people



Welcome Jordan

We are thrilled to introduce and welcome the newest member of our team, Jordan, who joined us last month! Jordan is our new Youth Peer Worker, bringing with him a wealth of lived experience and a diverse background across multiple community service sectors. His unique perspective and dedication to supporting our youth makes him a perfect addition to our team. We are excited to see him blossom into his new role and see the positive impact he will have in our community!



NAIDOC Week- Drumbeat and Clapsticks Session

As we know, NAIDOC 2024 was held in July, and we had the amazing opportunity to team up with Goolum Goolum to kick off the celebrations by painting clapsticks and playing on the djembe drums!

Due to sorry business, we did combine our Tuesday and Thursday sessions into one session held on Tuesday, but we still had an amazing turnout. Cass and Alisha made the trek down to the Goolum Goolum Stawell Hub to hang out with some awesome young people!

We started off the day by having our creative juices flow by painting the clapsticks (pictured below). After a tasty and much needed cheese toasty break, the afternoon was spent getting into the groove with a Drumbeat session. The Stawell Hub was filled with the rhythm of the djembe drums and of course the scent of cheese toasties.

We want to thank the Goolum Goolum team for helping us run this event. Also a big shout out to the young people who came along to make make this year's NAIDOC week one to remember!





the facts:
tips for a healthy headspace



headspace
National Youth Mental Health Foundation

get enough sleep

Getting the right amount of quality sleep can give you more energy, improve concentration, make you less likely to crave snacks that aren't nutritious, and you guessed it, keep a healthy headspace.

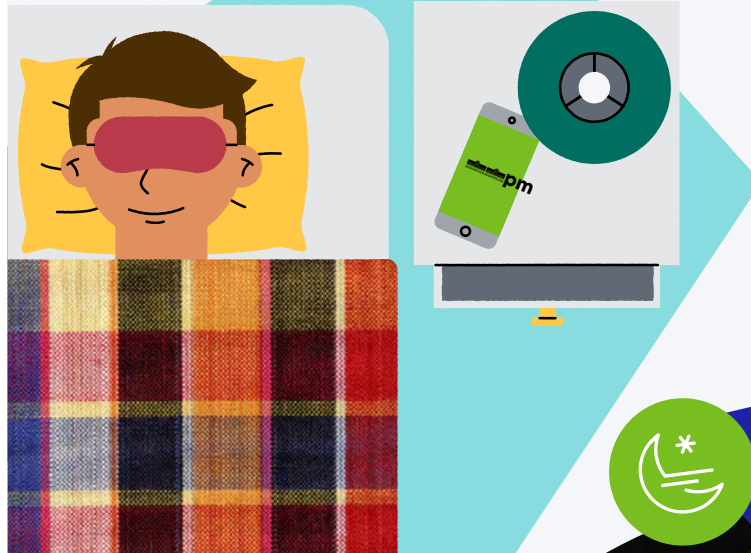
If you're having a tough time, sleeping can be one of the first things that's affected.

Have you noticed when you get good quality sleep it's often easier to manage your emotions? This can help you deal with any stress, including relationships, and work and study difficulties. It can also help reduce the risk of mental health challenges in the future.

So how much is enough?

If you're aged between 12-17 then 8 to 10 hours sleep is ideal, and 18-25 year olds should try to get 7 to 9 hours. Keep in mind that different people need slightly different amounts of sleep.

You might not know how much sleep you get, so it can be a good idea to record it in a sleep app or journal and notice whether your sleep impacts things like your mood and energy levels, or anything else you might notice.



Quality sleep is like a super power!

Why it might be difficult to get a good night's sleep?

We all experience poor sleep from time to time – exams, job interviews, work stress, relationship concerns can keep us up worrying.

It's common to find it hard to get good quality sleep.

It can be impacted by many things like the food you eat, using alcohol or other drugs, feeling worried or anxious, and even using your screen before bed.

The good news is there are things you can do to help you get those quality zzz's.



So how can we get better sleep?

Changing habits can be hard, be kind to yourself while you're trying new things. You don't have to do everything at once, set yourself a small goal, choose something that's easier for you to do, then add other things in later. Achieving your goals can help build your confidence.

At least an hour before bed, turn off games, YouTube, social media and any notifications. Try a movie, book or watch TV instead (not in the bedroom though!).

Avoid caffeine at least six hours before you go to bed.

Use the blue light filter on your phone and lower the brightness at night.

Limit the use of alcohol and other drugs. If you can, avoid napping during the day. Leave your devices outside your bedroom.

If you find it hard to wind down, try a mindfulness exercise; you might try a mindfulness app.

Try to sleep the same amount every night. An extra hour, every now and then, is fine – any more can confuse your body clock. Falling asleep one hour earlier is better than sleeping in one hour later.

If you need to get up during the night, try to avoid turning on bright lights and hop back into bed quickly.



For many people, quality sleep can be hard to get, so don't be too tough on yourself as you try different things. You'll get there... you're learning. Be kind to yourself.



Healthy habits

When you're feeling low or stressed, it's important to put healthy habits in place to give yourself a better chance of coping with life's challenges.

Sleeping well is an important healthy habit, but it's not the only one. Things like staying active, eating well, doing things every day and spending time on your relationships are also important for good mental health.

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](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

School Holiday Activities

Last month our Youth Reference Group (YRG), alongside Alisha hosted an amazing series of school holiday activities, with the help of Ari from Horsham Rural City Council. Our YRG members shone with leadership and initiative by teaching the young people who attended some cool creative activities.

From magnet painting and character design to embroidery, there was something for everyone to enjoy. No holiday activity is complete without snacks, and there was plenty to go around! Plus, we kept the vibes cozy with movies playing in the background.

A huge thanks to Ari for collaborating with us and making these activities even more special. We couldn't have done it without your support! Also many thanks to our talented YRG, we appreciate you taking the time out of your afternoon to help run this event!



Careers Expo Survey

In June, we attended the Career's Expo and had a blast talking with all the young people who visited our booth. If you saw us, you would have noticed our interactive survey!

A whopping 101 young people shared their thoughts in this survey, so thank you to those who participated. The survey consisted of three statements:

1. I'm keen to do things but there's nothing on that I'm interested in, with 19 people answering.

Young people who answered Q1 reported that they wanted more art activities, as well as activities outside of Horsham.

2. I'm keen to attend groups related to my interests, with 78 people answering.

Young people who answered Q2 reported that they wanted art, mental health industry sessions, social sport, singing/dancing, and life skills workshops.

3. I'm not keen to attend events or groups, with 4 people answering.

Young people who answered Q3 reported that they did not like to be around people, and they preferred to stay inside.

The findings were presented to our Youth Reference Group, and they are very busy planning some events that young people have told us they would be interested in, so keep an eye out!



Youth Mental Health First Aid Training

We are ecstatic to share the success of our recent Youth Mental Health First Aid Training, an in-depth two-day program designed to equip participants with the skills to support young people facing mental health challenges. We had an amazing turnout with 14 dedicated people attending the training!

This session was particularly special as it marks Cass and Alisha's first of soon to be many facilitations of the program. They did an outstanding job and we can't wait to see them flourish as their confidence and experience leading the training strengthens.

Youth Mental Health First Aid training teaches participants how to recognise the signs and symptoms of mental health concerns in young people, how to support during crisis, as well as guiding them towards seeking appropriate help. We are proud of the community's commitment to building mental health awareness and look forward to more sessions in the future.



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.



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 (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 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

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



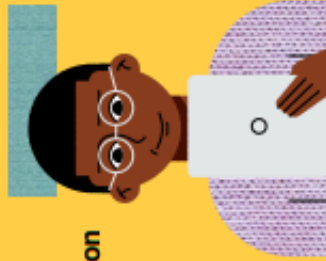
what might happen if I visit headspace?

at the first visit

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

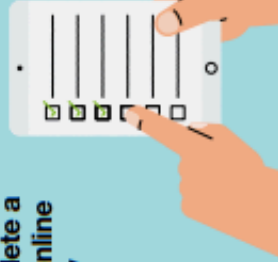
1

Fill in a registration form



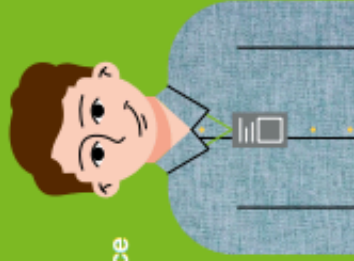
2

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.



the facts:
tips for a healthy headspace

get into life

Achieving small tasks and doing things you enjoy can make you feel good. It can boost your confidence and lift your mood – helping you keep a healthy headspace.

The activities you do can have a big impact on your headspace. When you spend time doing things you enjoy (or used to enjoy), it can give you relief from tough times, and build some fun in your life. Likewise, when you set and complete small tasks (like homework, staying active or giving back to your community) it can help to create a sense of accomplishment and meaning.

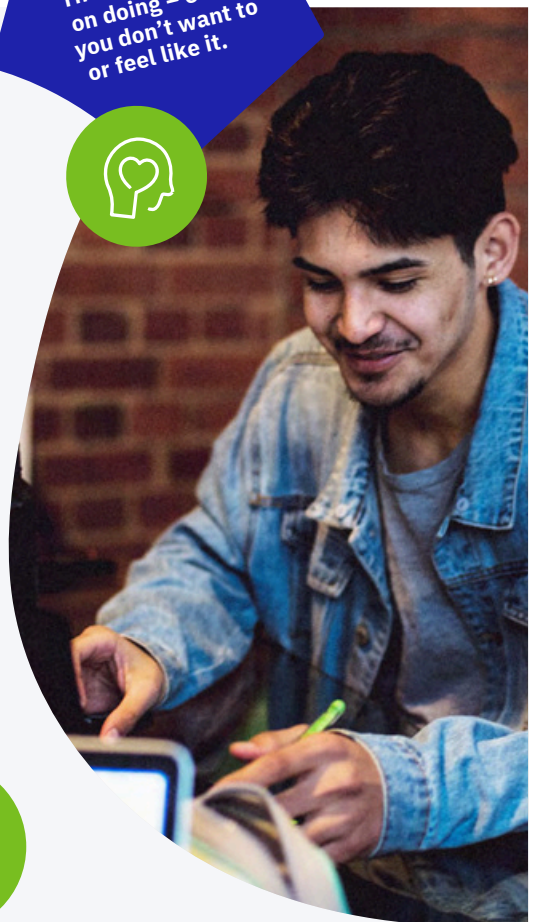
The key is to focus on doing – even if you don't want to or feel like it.



How do I get into life?

Doing stuff matters. But sometimes it can also be really hard to do, especially if you're going through a difficult time. Often when we're feeling flat or sad, doing things can be the last thing we want to do. For times like this, we have some ideas below that might help.

As you set and achieve even small tasks you will learn more about yourself, build confidence and improve your wellbeing.



Doing stuff can help your headspace by:



Getting you out of a rut – if you're feeling flat.



Giving you a sense of achievement and purpose.



Building your confidence.



Lifting your energy.



Improving your motivation to achieve your goals. i.e., work, study, or staying active goals.



How can I get into life and do more?

Here are six strategies you could try.

1.

Set small goals

Go for a walk or call a friend for a chat. It can be anything, the important thing is to set the goal and follow through.

2.

Find activities you enjoy

If you're going through a hard time, you may not feel excited about doing anything. But think back – what did you used to enjoy? This can be a good place to start. It's a good idea to have a number of activities you can do, that way if one doesn't work out, you can try another.

3.

Make a plan

When you think of an activity, make time for it. Look ahead at your week and block out some time.

4.

Keep trying

Find ways to follow through with your scheduled activity, even when you don't feel like it. You may not feel like doing anything, so it might help to learn new ways to handle this. Try telling a friend what you're doing, this can help keep you on track.

5.

Reflect

Once you begin achieving your goals, take some time to reflect on how it makes you feel. Did you enjoy it? Did you feel a sense of accomplishment? If you did, that's great. If not, that's OK. You could try something else.

6.

Be kind to yourself

Maybe you could try a new hobby that you're not great at. Think of it as making time with yourself to learn and grow. Keep trying, be kind to yourself, and enjoy the learning journey.



Healthy habits

When you're feeling low or stressed it's important to put healthy habits in place – to give yourself a better chance of coping with life's challenges.

Doing stuff and achieving little things every day is an important healthy habit, but it's not the only one. Things like staying active, eating well, and spending time on your relationships are also important for good mental health.



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, 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](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.



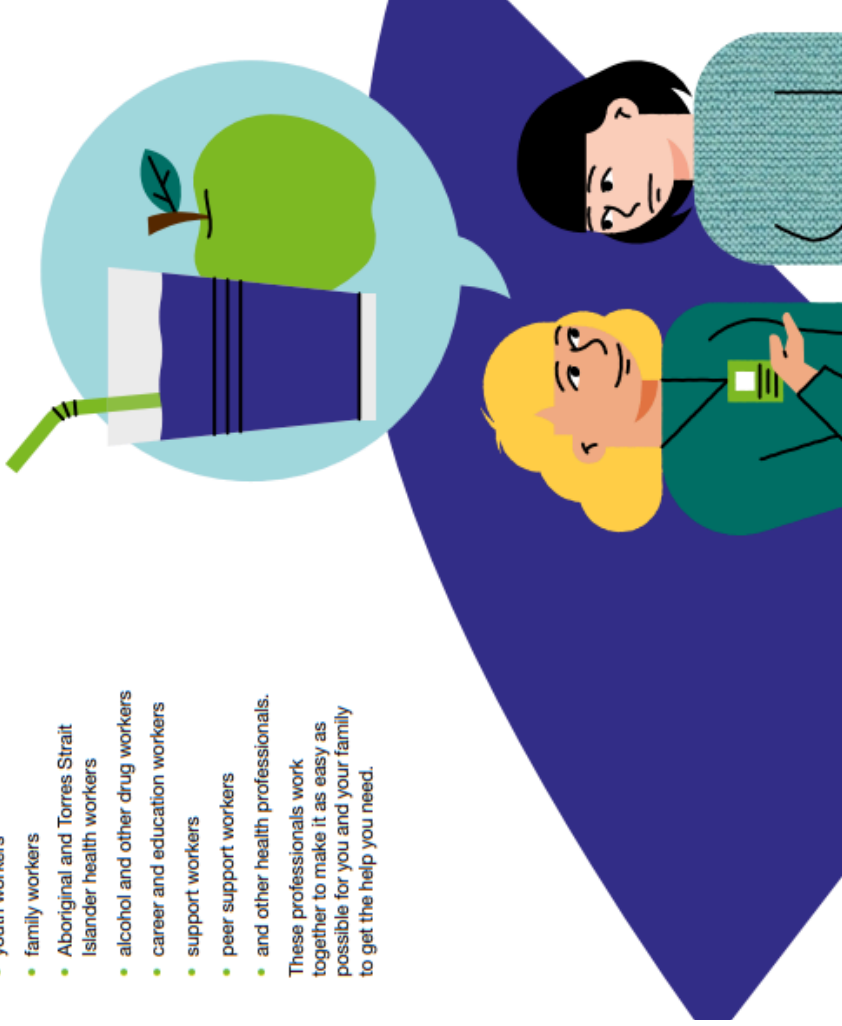
who provides services at headspace?

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



whats on in the Wimmera?

Every Saturday morning

Wimmera River Parkrun - Horsham

Start your weekend with a walk, jog, or run at Sawyer Park along the Wimmera River in Horsham at 8am. Experience the tranquility of the river, harmonizing with nature's rhythm. The soft rustling of leaves and the cheerful chirping of birds provide a soundtrack, energizing both your body and spirit. Or become a volunteer and do tasks that keep Park Run pumping!

First & Fourth Monday each month

Haven Arts and Crafts

Come and join in for arts and crafts sessions at Haven Hall! These gatherings take place on the first and fourth Monday of each month from 1pm to 3pm. It's a wonderful opportunity to connect with others, and indulge in activities you love. Explore painting, knitting, and crocheting during these sessions!

Wednesdays, Thursdays & Fridays

Wimmera Libraries Events

Experience a delightful time at Wimmera Libraries! Join us for an exciting line-up of activities: Rhymetime Wednesdays, Craftanoons on Thursdays, and Storytime on Fridays. For more information on these events, please visit the website at <https://www.wimmeralibraries.vic.gov.au/events-calendar/>

Saturday 3rd

Haven Market

The Haven Market is located only 5kms from Horsham situated alongside the Henty Hwy. Market times are 9am to 1pm. There is always a huge variety of stalls attending including locally grown and homemade produce, all set up in the relaxed rural atmosphere of the Haven Recreation Reserve.



whats on in the Wimmera?

Thursday 8th

Homelessness Week Community BBQ

Come down to the Roberts Avenue pop-up park to support our homelessness service by contributing to their fundraising efforts. Enjoy a BBQ, music, talk about the service that can be provided, and help raise awareness.

HELP *the*
HOMELESS



HELP *the*
HOMELESS

Friday 21st

Rosehaven Farms - knitting and crochet

Come along and enjoy a free event where you can bring your knitting, crochet, spinning, cross stitch, and mingle with fellow enthusiasts. Reserve your spot, send a message to their Facebook page, as spots are limited. Starts at 10am to 1pm. Held at Rosehaven Farms, 989 Wonwondah Dadswells Bridge Rd, Laharum.

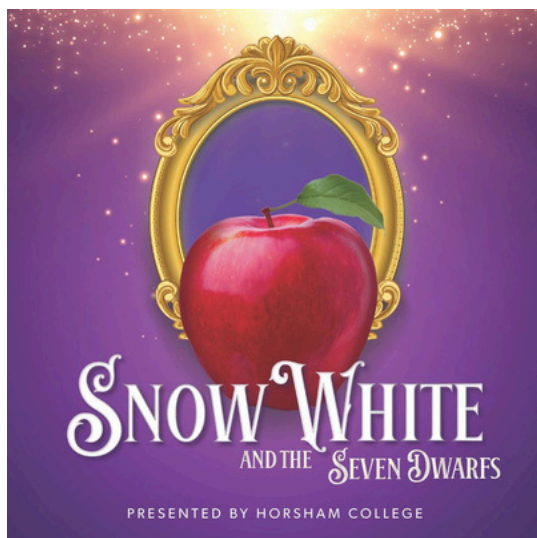


Saturday 31st

Jung Market

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

whats on in the Wimmera?



THURSDAY 15TH
AUGUST
7:30PM
HORSHAM TOWN HALL



FRIDAY 16TH
AUGUST
7:30PM
HORSHAM TOWN HALL



SATURDAY 17TH
AUGUST
7:30PM
HORSHAM TOWN HALL

