



headspace
Horsham

december newsletter

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



Assist Training

Last month, thanks to the funds raised in our community during the pushup challenge in June, we hosted an incredible ASSIST training session. This wasn't just any training, it was about tackling the tough conversations that make a real difference for someone in crisis.

Huge shoutout to everyone who showed up and dedicated their time to learn these life saving skills. By stepping up, you're supporting friends, family, community, and anyone in need. Thanks for showing up for each other, one push up (and conversation) at a time!

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



Charlotte
youth counsellor



Jordan
youth peer worker



Alisha
community engagement



Helen
youth counsellor



Trina
team leader of centre ops



Cass
youth outreach



U'Nita
youth enhanced worker



Colleen
client services



Louie
trained therapy dog



Ash
LGBTQIA+ peer worker



Wally
staff therapy dog

Happy Holidays

With the holiday season here, we're wishing everyone a joyful and safe break, whether it's Christmas, Hanukkah, or just enjoying the summer holidays

We hope its filled with good vibes, connection, and lots of rest. Our team will also be taking some well deserved rest, so here's the dates that we will be open during the Christmas break. We look forward to seeing you in the New Year!

24 December **OPEN**

25 December - 6 January **CLOSED**

While we are away, here are some seVICES to reach out to if you need some support. If you are in crisis, please ring **000**

eheadspace: <https://headspace.org.au/online-and-phone-support/>

Qlife: <https://qlife.org.au/>

Kids Helpline: <https://kidshelpline.com.au/>

Black Dog Institute: <https://www.blackdoginstitute.org.au/>

Suicide Call Back:

<https://www.suicidecallbackservice.org.au/>

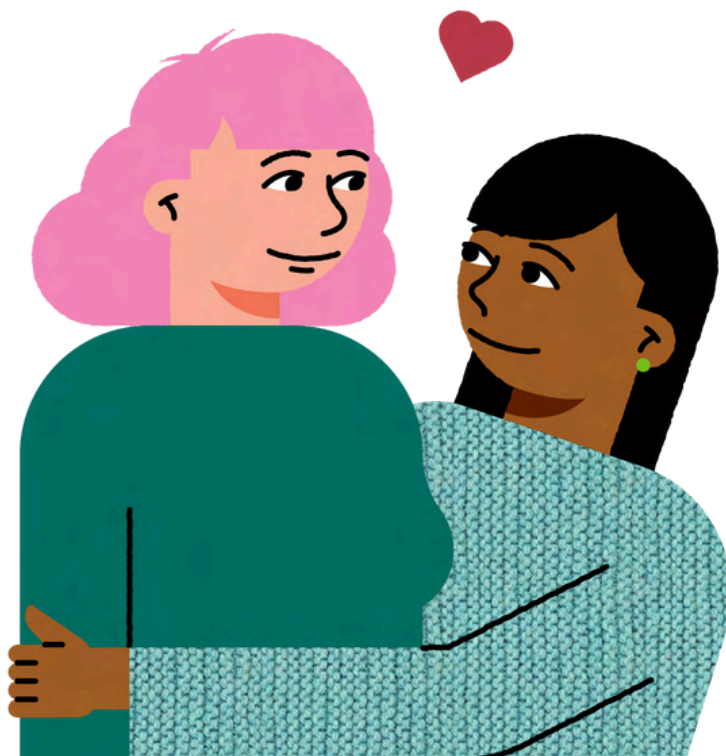
Lifeline: <https://www.lifeline.org.au/>

LGBTQIA+ Dates

As we wrap up 2024, let's remember some of the big dates that celebrate and support the LGBTQIA+ community. Here's what's in store for December.

- **1 December: World AIDS Day**

This is a day to remember those we've lost, support those who live with HIV/AIDS, and to keep raising awareness. It's also a chance for us to break the stigma and learn more about how we can all help. But really, everyday is a good day to show up, stand together, and keep our community strong and proud!



Get To Know Our Team

We asked the team what they do to get through a tough time and what self-care looks like for them. Here's what two of our awesome staff had to say!



Colleen

client services

Meet Colleen, our amazing Client Services Officer, and her sidekick Wally, the therapy dog! When things get busy, Colleen loves unwinding with some calming mindfulness, knitting, or crocheting, anything to keep her hands busy! Every night, she kicks back with her iPad getting creative with colouring, or enjoys a relaxing hot bath. And, of course, time with her grandkids is always on the self-care list!

Then there's Wally, our furry joy-bringer! He's known for bringing a little mischief (and lots of smiles) around the centre. Off duty, he's a pro at snoozing, hanging out with the grandkids, and showing off his array of harnesses and collars!



Wally

staff therapy dog

World Kindness Day

This world Kindness Day, Jordan, Alisha, and Cass headed over to Horsham College for some fun and connection!

Young people jumped into games while also contributing to the Kindness Wall. The wall became a colourful display of positivity, with everyone writing down something nice about themselves and sticking it up on the wall for everyone to see! The wall was a great way to remind us to celebrate the things that make us unique!

Big thanks to everyone who joined in and made the day full of smiles and good vibes!



Youth Mental Health First Aid

Our lovely team members Cass and Alisha hosted their 2nd official Youth Mental Health First Aid (YMHFA) training last week! After brushing up from their first rodeo back in July, the duo shared their tips and tricks to our YRG members and local community workers to help support young people experiencing poor mental health.

As usual, Cass and Alisha did a fantastic job, and so did everyone that came along! Thanks to everyone who took the time to take part in the training. We hope to host a training opportunity to local community members in the new year so be on the lookout!



Holiday Challenges

Supporting your young person through the holiday period

Join our free online group chat on 'sharing ideas and tips for supporting your young person through the challenges of the holiday period'

In this themed Adults Supporting Young People online peer group chat, we'll discuss a variety of common, and some not so common challenges that young people face during the holiday period.

Connect with others supporting their young people in this Peer Led Group chat to cover various different topics such as the pressures of social events and stressors, moving forward and accepting life changes, and preparing for life beyond school.



Wednesday 4 December 2024
6:30pm - 9:45pm AEDT

Join anytime or jump in and out

Have questions but can't make it to the chat? Pre-Submit questions via email to groupchat@headspace.org.au and the team will do their best to address them during the chat. You will be able to view the discussion in the post-chat transcript.

Intake and Assessment Room

If you have been following our socials, you may have noticed our posts surrounding our Intake and Assessment Room. This is one of the first rooms young people see when accessing our services! We want young people to feel comfortable walking through our doors and we need your help!



Below we've attached a feedback form to hear your thoughts on how we can make this room more young people friendly. We encourage young people, as well as their family, carers, and friends to fill in this form. Alternatively, you can comment on our Facebook or Instagram post or email us at info.headspace@vt.uniting.org

<https://form.jotform.com/24247080779>

[4869](https://form.jotform.com/24247080779)



sign up for Partners in Parenting, our online parenting program

Partners in Parenting is an evidence-based online program designed to help build your skills and confidence in supporting your high school-aged young person's mental health and wellbeing.



The program also covers general parenting challenges, such as communication, managing strong emotions, boundaries, conflicts and staying involved in your high school-aged young person's life while they navigate their independence.



There are 10 interactive online modules to explore and you can complete them in any order and at your own time and pace. Each one will only take around 15 to 25 minutes.

Setting up a free online headspace account is quick, easy and has loads of benefits.



Sign up today!

You can access Partners in Parenting via your headspace online account. If you don't have a headspace account yet, you'll first need to create one. Once you have an account, you can access the program via 'Your interactive tools'.



Visit headspace.org.au/online-and-phone-support/partners-in-parenting/ to find out more and sign up today.

A collaboration between:



MONASH
University



headspace
National Youth Mental Health Foundation



Partners in Parenting

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



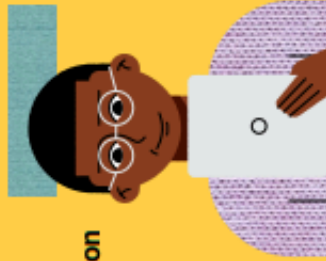
what might happen if I visit headspace?

at the first visit

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

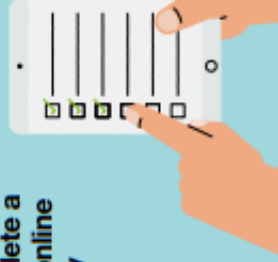
1

Fill in a registration form



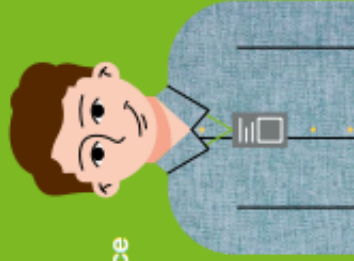
2

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:
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.

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.

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.



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.

Some places to look

Meet Up (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.



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) 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).¹

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

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



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.



The headspace Clinical Reference Group have approved this clinical resource. Fact sheets are for general information only. They are not intended to be and should not be relied on as a substitute for specific medical or health advice. While every effort is taken to ensure the information is accurate, headspace makes no representations and gives no warranties that this information is correct, current, complete, reliable or suitable for any purpose. We disclaim all responsibility and liability for any direct or indirect loss, damage, cost or expense whatsoever in the use of or reliance upon this information. 03 October 2022

'Tis the *season* to be *asking* RUOK?™

The holiday season can be a difficult time for some people. You can make a difference at this time of year by checking in and having a meaningful conversation with the people in your world who:

- Are grieving
- Are missing friends or family
- Have had a tough year
- Are struggling financially
- Are affected by natural disasters
- Are working over the holidays
- Have challenging family relationships
- Are spending the holidays alone
- Feel excluded at this time
- Are feeling overwhelmed by world events



Here's some tips to help you connect and support your colleagues, friends and family:



- Think about who in your world might be finding this time difficult and ask them, 'are you OK?' or 'how are you doing?'
- Meet up for a chat over a cup or tea or coffee.
- If someone is grieving, ask them how they'd like to honour the memory of their loved one.
- Extend an invitation to someone who will be alone during the holiday period.
- Organise a picnic or activity to bring people together.
- Have a virtual catch up with someone you can't see in person or send a text message to let someone know you're thinking of them.
- Suggest a 'walk and talk' with someone you know who finds the holidays tough.
- Drop off a meal to someone to show them you care.
- Remind your friends that telephone support service Lifeline (13 11 14) are operating 24/7 over the holidays if they need extra support.

For more conversation tips visit truok.org.au

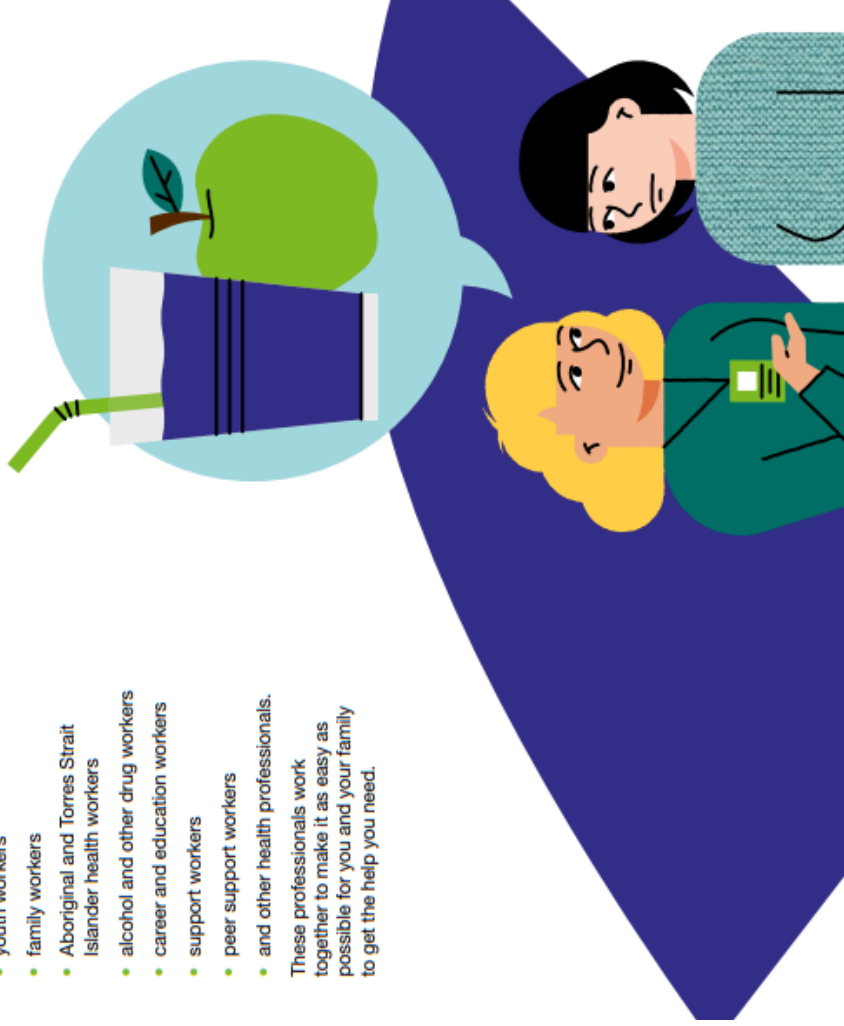
who provides services at headspace?

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





We invite you to
CHRISTMAS LUNCH
at the Horsham Uniting Church



Will you or someone you know be spending Christmas Day alone?

Come and join us for a wonderful lunch, fun and laughter

There is no need to spend Christmas Day on your own.

- Where** Uniting Church Hall, Corner Pysent and Urquhart Streets Horsham
- When** The dining room is open from 11.30am and lunch served at 12 noon
- Why** Christmas is a time for friendship, fellowship and joy — not a time for being alone
- Transport** Is available. Volunteers can collect you and return you home again
- Donation** A donation of \$5 per person would be greatly appreciated
- RSVP** As early as possible to secure a seat or by Friday 20th December to assist with catering
- Register** Please call the Uniting Church Office 5382 4380 during Office hours:
Monday, Tuesday, Thursday 10-12, 1-3 Wednesday, Friday 10-12
Please let staff know if you have any dietary requirements
- Questions** Please call Uniting Church 5382 4380 OR Mandy Kirsopp 0408 826 727

This annual Christmas Lunch is made possible because of the generous support of our volunteers and extended community members.

An aerial photograph of a crowded beach. The sand is light brown, and the ocean is a vibrant green. In the center of the beach, a large group of people has gathered to form the word "LIFELINE" in large, block letters. The letters are composed of many small figures of people. The ocean waves are breaking in the foreground, creating white foam. The overall scene is bright and sunny.

12 Days of Mental Wellness

The holidays can be a challenging time for many of us. We hope these tips from Lifeline's Crisis Supporters can be helpful in looking after yourself at this time of year.

No matter where you are these holidays –
remember that Lifeline is here for you.

 Lifeline

#1 Acknowledge and accept your feelings

We may feel a mixture of emotions during the holiday season: exhausted, sad, angry, excited, happy or hopeful. All of these feelings are normal. It's important to acknowledge whatever we are feeling, because it can help us make sense of our experience and actions. If possible, try to accept the feelings without judgement, as putting pressure on ourselves to change our feelings can sometimes cause more stress than the feelings themselves. Making room for uncomfortable feelings – sitting with them, holding space for them and not pressuring yourself to feel differently – can be very powerful.

#2 Make space for grief and loss

Holidays and special occasions can intensify feelings of grief or loss and be a painful reminder of what we no longer have, whether that be a loved one, pet, relationship, employment or any other challenging change. It is important to remember that these feelings may continue long after the loss occurs and that is completely okay. This is a natural response and helps in the process of healing. You might find some of these strategies helpful:

- * **Honour your loss** in whatever way feels right for you
- * **Create a new tradition** – or maintain a meaningful tradition you love
- * **Reduce pressure to 'celebrate'** this time and instead, tune into what you need
- * **Share your feelings** with someone you trust, let them know what you need and how they can support you
- * **Schedule activities** or make plans with others
- * **Display a memorial decoration** or give a memorial donation
- * **Make time and space** on the day to honour the loss and your feelings.

#3 Focus on giving

The act of giving to others releases chemicals in our brains that make us feel happier and more socially connected. You might want to give some of your time, give someone a helping hand, or give a stranger a smile and holiday greeting. Certain acts of giving, like volunteering, can also provide opportunities for social interactions.

- * **Hint:** visit [Volunteering Australia](#) for lots of opportunities!

#4 Recognise your signs of stress and anxiety

Whether it's organising gifts and get-togethers or feeling pressured by constant reminders of the holidays, stress and anxiety can increase around this time of year. We all experience this differently. It can be helpful to listen to the signals our body is giving us to alert us that something is not quite right. It could be:

- * Feeling 'on edge' or unable to stop worrying
- * Physical reactions such as headaches, sweating or an upset stomach
- * A racing heart or rapid breathing

- * Feeling lightheaded, faint or dizzy
- * Restlessness or irritability
- * Feeling more irritable than usual
- * Changes in sleep patterns, fatigue and exhaustion.

Take the signals as an opportunity to try different strategies: distract yourself with enjoyable, low stress activities; talk to someone you trust; try some breathing or meditation; take a walk or do some exercise. Try experimenting and see what works best for you!



#5 Set (and maintain) healthy boundaries

Setting holiday boundaries is so important for health and wellbeing. Boundaries look different for everyone but may include saying no to people's requests, declining holiday invitations or house guests, or taking on fewer responsibilities. It's important to be direct and clear about boundaries with others ahead of time so they have time to adjust their expectations. This can be done in a firm but kind way.

When you first set boundaries, you might feel uncomfortable because you don't want to upset or disappoint anyone. However, this feeling is completely normal – it can be helpful to remind yourself that your needs are just as important as other people's needs.

#6 Make a holiday budget that works for you

The holiday season can be financially stressful as people often feel under pressure to spend money on gifts, gatherings and food. It may be helpful to create a budget to see what is within your financial means over this period.

Think about low cost ways to tackle the holiday season. Suggest a Secret Santa/Kris Kringle or another gift exchange with a spending limit. Give a voucher of your time as a gift, such as helping someone with DIY, gardening or babysitting. Get creative in the kitchen by baking a cake, bread or chutney. And instead of spending money at a restaurant, consider a BBQ where everyone can bring a dish.

#7 Take time out for you

You know that saying 'you can't pour from an empty cup'? We often get so caught up with preparation and plans for the holiday season, with the weight of expectations, or even with looking after other people, that we forget to take time out for ourselves. While this can be challenging for many of us, it is important that the holiday season include periods of rest, relaxation and reflection as we prepare for the start of a new year. Take time to engage in activities you enjoy, find relaxing or fun.

An aerial photograph of a sandy beach with waves crashing onto the shore. Four surfers are visible, standing on the sand with their surfboards. Their shadows are cast long and dark on the sand. The water is a mix of brown and white foam.

#8 Get back to body basics

We all know that maintaining a healthy lifestyle can be difficult over the festive season! It can feel great to indulge a little over this period; just remember that balance and moderation is key. What we eat and drink can really affect how we feel. Here are a few tips to help you feel good:

- * **Try to eat** nutritious and non-processed food
- * **Try to avoid** or moderate the use of alcohol and other drugs (including caffeine) as this can affect our mood and mental health
- * **Move your body.** Get creative – think of skipping, cycling, dancing, nature walks or backyard games
- * **Maintain a regular sleep pattern** and aim for 7-9 hours of sleep per night
- * **Stay hydrated.** Aim for about eight glasses of water a day, as our organs need water to function properly.

#9 Practice gratitude

Taking stock of what we're grateful for – from tiny things to major achievements – changes how our brains are wired.

Gratitude helps us to shift our perspective, to focus on what we have and the possible opportunities, rather than concentrating on what we don't have. Research has shown that over time, practicing gratitude helps to increase happiness, reduce stress and improve our ability to deal with challenging situations. People can feel and express gratitude in various ways. You may want to keep a gratitude journal, mentally thank someone, or just connect with the good things in your life and keep these at the forefront of your mind. (There's a reason this tip is called 'practice gratitude' ... it really can take practice, so stick with it, and watch how it becomes easier over time.)

#10 Connect to combat loneliness

If you feel lonely, you are not alone! In fact, around 1 in 4 Australians say they are currently experiencing loneliness. This feeling often increases during

the holiday season, when there may be a mismatch between the amount of social connection we have compared to the amount we want. Some things that might help to reduce feelings of loneliness include:

* **Avoiding comparison**

comparing ourselves to others can often make us feel less than other people

* **Starting a conversation**

unexpected moments of connection can improve our mood. A simple hello can go a long way.

* **Being kind to others**

offering help or support can help us build meaningful connections

* **Reconnecting** we can all lose touch with friends over time, but it is never too late to reach out

* **Setting a daily routine**

make sure to include meaningful tasks, enjoyable activities and creative endeavours

* **Staying active** exercise releases hormones which increases feelings of happiness

* **Learning something new** or trying a new hobby; you could even consider joining a club, organisation or online community

* **Participating** in work or community activities

#11 Have realistic relationship expectations

The festive season can be an exciting time for family and friends to get together, but it can put extra strain on relationships and highlight tension. Increased responsibilities and expectations can also increase conflict. Some things that may help:

*** Set realistic expectations.**

If certain family members don't get along during the year, it is unlikely they will during the holidays

*** Use relaxation techniques,** such as deep breathing, to cope with tension

*** Avoid known triggers.**

For example, if you know that a certain subject is a sore point, you might want to move on to another topic

*** Try to remember** that alcohol and other drugs can make things worse in the short and long term.



#12

Remember you're not alone

Whether it's 3am on Christmas Day, or 11pm New Year's Eve, Lifeline is open every day and night of the year ready to listen and support you. Reach out for help if you need it.



If you or someone you know needs crisis support, reach out to Lifeline 24/7 by calling 13 11 14, texting 0477 13 11 14, or visiting www.lifeline.org.au/gethelp

If life is in danger, call 000.





Save
the
date!

2025 Youth Mental Health Roadshow for **Educators**

Featuring Dr. Michael Carr-Gregg
Featuring Dr. Michael Carr-Gregg

We are excited to invite educators to a special Youth Mental Health Roadshow featuring Dr. Michael Carr-Gregg, one of Australia's foremost experts in child and adolescent mental health.

This event is tailored for education professionals who are dedicated to supporting the mental health and wellbeing of their students.

Dr. Carr-Gregg will address a variety of pressing issues impacting young people today, equipping you with the knowledge and practical tools to guide them through the challenges they encounter. Dr. Carr-Gregg's presentations are known for being engaging, informative, and packed with practical strategies that educators can apply in the classroom and across the school environment. In today's fast-evolving world, the mental wellbeing of students is more important than ever. This roadshow will provide educators with the tools and insights to better understand and respond to the mental health and wellbeing challenges faced by young people.

Suitable for: Primary and Secondary teachers, school leaders, counsellors and wellbeing staff

Duration: 45 minutes followed by 15 minutes of question time

Time: 4.30 pm - 5.30 pm

Venue: To be confirmed

Cost: FREE



Mark your calendars
and stay tuned
Registrations open
in Term 1 2025!

5 May - Warrambool

6 May - Portland

7 May - Camperdown

28 July - Hamilton

29 July - Kaniva

30 July - Horsham

Proudly sponsored by:



Dr Michael Carr-Gregg is one of Australia's highest profile psychologists, author, broadcaster and specialist in parenting, children, adolescents and mental health. He wrote his PhD at the University of NSW on adolescents with cancer and in 1985 founded the world's first national teenage cancer patients support group, Canteen. He has been part of SchoolTV since its launch in 2016 and also works in private practice in Melbourne.

DIGITAL GAME

to help prevent depression



Researchers need your help to evaluate a mobile game designed to help prevent depression in trans and gender diverse young people.

**TO TAKE PART,
YOU MUST:**

Participation will involve playing the SPARX-T game on an iPhone over 5 weeks and completing three short surveys assessing the impact of the game.



- ➔ Be living in Australia
- ➔ Be aged 14-18 years
- ➔ Identify as trans or gender diverse
- ➔ Have access to an iPhone



**The
KIDS**
RESEARCH INSTITUTE
AUSTRALIA

For more information
scan the QR code or
email Holly (she/her):

holly.moss@thekids.org.au

