



headspace
Horsham

february newsletter

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



Welcome Zunaira

As a Mental Health Counsellor at Headspace, I provide compassionate, evidence-based support in a calm, safe space where young people can navigate life's ups and downs. My practice is youth-centered, trauma-informed, and guided by compassion—meaning I meet you where you're at, without judgement. Whether it's tackling big feelings, tricky thoughts, or just figuring out what's next, I offer therapeutic interventions, and a space where you can be yourself. I understand that reaching out for support can feel daunting, but you're not alone—I'm here to walk alongside you at your own pace. My goal? To help you feel heard, empowered, and equipped with the tools to handle whatever comes your way.

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



Wally
staff therapy dog

LGBTQIA+ Dates

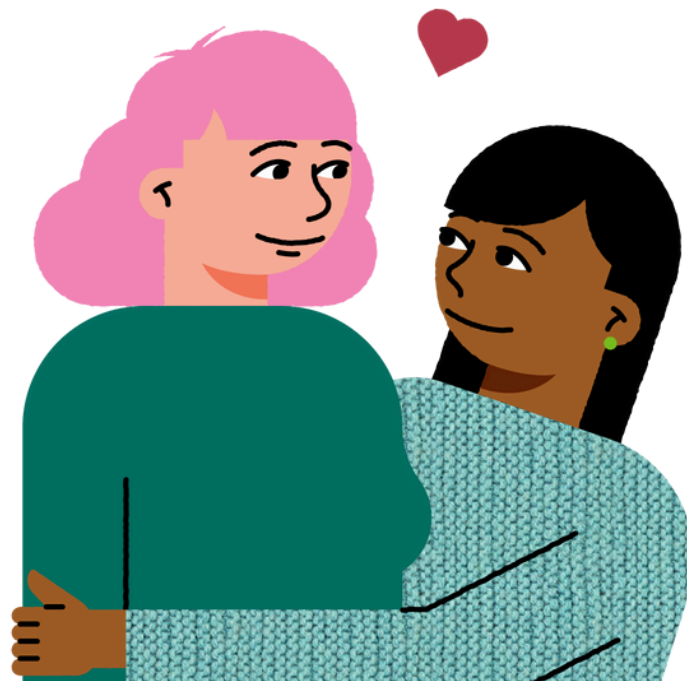
February is packed with celebrations for diverse genders and sexualities! Here's what we're looking forward to this month:

19 January - 9 February: Midsumma Festival

February 16 - 22: Aromantic Spectrum Awareness Week

21 February - 6 March 2021: Sydney Gay & Lesbian Mardi Gras

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!



Training Day

The community team at headspace Horsham have “kicked” off the year right, with some exciting training!

We are excited to announce that we have partnered with the AFL and Movember, to deliver the Ahead of the Game program to footy and netball clubs all across the Wimmera.

Ahead of the Game is a youth mental health literacy program for young athletes, to develop an understanding of how they can look after their mental fitness, both on and off the field.

There’s also something for parents and coaches in the program, including workshops on how to support young athletes who are having a tough time with their mental health.

We will be reaching out to clubs across the region to run this amazing program! If you’d like to have Ahead of the Game run at your club, please email us at info.headspacehorsham@vt.uniting.org





the facts:
navigating life



headspace
National Youth Mental Health Foundation

maintaining a healthy headspace during the bushfire season

The timing and duration of bushfire danger seasons vary across different regions in Australia.



The threat of bushfires can directly affect people living in high-risk areas. It's also normal to have reactions if you live further away and are indirectly affected (e.g., by media exposure or hearing from others).

People respond in very different ways to the bushfire season and it can be a tough time. There is no 'right' response and reactions can change over time. Some people may not feel impacted by the bushfire season and that's OK too.



Taking positive action and anticipating your emotional reactions during the bushfire season can be helpful for your wellbeing during and after this time.



What might I feel?

Some common experiences people have during bushfire season include:

- ◆ Feeling overlooked because information is often directed at adults.
- ◆ Feeling stressed or overwhelmed by the threat of bushfires or even the memories and experiences associated with past bushfires.
- ◆ Feeling distressed by things that remind us of previous bushfires (e.g., smells, sounds, images or even anniversaries).
- ◆ Having work, school, studies or relationships disrupted.
- ◆ Feeling fearful, anxious or worried.
- ◆ Wanting to avoid thinking about memories of previous bushfires. This might feel helpful, but this can make things feel worse in the long run.
- ◆ Feelings of shock, anger, confusion, helplessness and sadness.

Tips to maintain a healthy headspace during bushfire season

Talk to others

Talking to a trusted friend, family member, Elder, teacher or counsellor about any concerns and feelings you are having can be helpful. Talking to your family is also a good opportunity to ask questions you might have about your family's plans in an emergency.

Get involved

If you feel able to, you might want to get involved in preparation activities. Talking to your parents and family members about what steps you can take to prepare for an emergency can help you feel calmer and more in control. It's important to focus on one step at a time. This could include packing an emergency kit or helping your parents prepare the house. Talking to your family about what to do if you are separated during an emergency can also help you feel prepared.

Connect with others

Keeping in contact with friends, family, and neighbours, especially during days with a high risk for bushfires, can help you feel connected. You might feel like participating in community activities – even those that aren't about the bushfires. Getting connected with people who are reassuring and comforting, and who allow you to be you, can help you get through tough times.

Practise calming techniques

Some people might want to practise techniques to help them feel calm. This can include breathing exercises. Find a quiet place, close your eyes and slow your breathing. Try to focus your attention on your breath. It can help to count your breaths as you go (e.g., 'one' for every inhale and 'two' for every exhale). You might also want to use apps or websites that help with regulating your breath.

Be aware of your media exposure

Although many people want to keep up-to-date with what's happening, being around too much bushfire news can feel overwhelming. If you notice that the news is making you feel anxious or stressed, take a break if it's safe to do so (e.g., set yourself limits for media use, manage your app notifications, or unfollow pages or accounts that make you feel uncomfortable).

Look after yourself when you support others

During the bushfire season, your family members may be busier than before and you might spend more time looking after others. Some young people might feel responsible for others' wellbeing. You can help others by being calm and listening to their worries. You can link younger family members with a trusted adult or a service who can help them.

Some young people may also feel overwhelmed or guilty if they feel they can't meet the needs of others. It's important to look after your own wellbeing and to talk to other family members about how you're feeling.

Have hope

Remind yourself of the steps your community has taken to prepare for the bushfire season or to recover from it. Thinking of how your community has successfully dealt with difficult situations in the past can help you feel hopeful. Some people might like to explore ways of getting involved with bushfire preparedness or the repair and recovery of their community. This can help give a sense of hope. It's also OK if you don't feel ready for that.

Do enjoyable things

While it's important to be prepared for an emergency, it's also important to look after your headspace by doing things that create good feelings. If there's no immediate danger, this can include making plans, seeing family and friends, engaging in hobbies, or relaxing.

Getting support

It's normal to experience a variety of reactions to the bushfire season. This doesn't mean you'll have ongoing problems. For some people, using these tips will be enough to manage the social and emotional impact that can come during bushfire season. If you're noticing a significant impact on your emotions, your daily activities or you're not finding any improvement, it's important to get professional help.



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.

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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



the facts:
getting help

supporting a young person after a natural disaster

Everyone will experience or respond to a natural disaster differently.

The type of support young people need is different in the response phase (initial days to weeks following a natural disaster) to the recovery phase (the following months). Life changes for everyone during and after a natural disaster, even if we haven't been at the event.

Direct and indirect exposure

Direct exposure can be understood as the loss of possessions, the loss of safety or health, or the death of loved ones or animals.

Indirect exposure is commonly understood as exposure via third parties, whether through stories of family and friends affected, or by exposure to media (radio, television, newspapers and social media).

Both of these exposures can have an immediate and lasting impact on our mental health and wellbeing.

Young people are especially vulnerable to the indirect effects of natural disasters. This is due to these events sometimes being their first exposure, their developmental stage

and their increased chance of seeing lots of graphic content – especially on social media.

There is no right or wrong way to react to a traumatic event. Some people might experience sadness and seek connection to others while others might feel numb and become more disconnected. Following a natural disaster any reaction can be normal. You might notice changes to sleep, eating patterns, relationships or difficulty with routine activities like getting dressed or schooling.



These are normal reactions to not normal events.

Supporting young people during the initial response to a natural disaster

The following tips are helpful in the initial days and weeks following exposure to a natural disaster:

- ◆ Discuss the importance for young peoples' need to focus on physical and emotional safety, and be with those who are supportive of their wellbeing.

- ◆ Support young people to engage in activities that promote a sense of calm and feeling grounded (use of alcohol and other drugs can be unhelpful).

- ◆ Supporting young people to return to some routine and to get back to doing what they used to do as much as possible is helpful (e.g., playing games or sports, hobbies).

- ◆ Support connection with others, especially those that help young people feel OK.

- ◆ Include young people in the repair and recovery of their community and support them to identify ways that they can safely connect with themselves, peers, and families in ways that are meaningful and purposeful to them.

- ◆ Limit exposure to traumatic information through stories, and media (social and traditional). It can be helpful to take a break from the 24-hour news cycle.

(Hobfoll et al, 2007)

Encouraging a sense of hope is important in a young person's recovery



Supporting young people during the recovery phase following a natural disaster

Encourage your young person to engage in activities that promote a healthy headspace.

As much as possible, support young people to maintain regular routines and stay connected to regular activities such as sport, school, uni or TAFE, and spending time with friends. People who experience traumatic events are often able to recover, and don't experience ongoing symptoms or difficulties, by using their own skills and the supports of family, friends and the broader community.

For some it's important to access professional support to help with these challenges.

Check out headspace's tips for a healthy headspace (headspace.org.au/tips) for more information.



Common reactions and behaviours you might notice:

- ◆ grief and loss
- ◆ difficulty concentrating or describing what happened
- ◆ anger and confusion
- ◆ sadness and emptiness
- ◆ guilt
- ◆ denial
- ◆ shock
- ◆ changes in appetite and sleep
- ◆ fear, anxiety and insecurity.

How to help your young person

- ◆ provide stability
- ◆ offer reassurance
- ◆ normalise, but don't minimise
- ◆ explain gently what happened
- ◆ use the young person's strengths and likes
- ◆ be available and encourage coping skills
- ◆ role model healthy coping skills.

For further tips go to headspace.org.au/explore-topics/supporting-a-young-person/7-ways-to-support-a-healthy-headspace

Reaction of family and friends

Most people recover well from the emotional effects of natural disasters. Family and friends can have an important role in the healing process for young people. It's important to remember family and friends have their own challenges to cope with, and you may find yourself juggling your own reactions to the disaster with your responsibilities for the young person.

Reactions may include:

- ◆ guilt about not being able to shield your young person from the effects of the disaster
- ◆ fear and anxiety about the continuing safety of your young person
- ◆ negativity about the world in general, which you may not be able to conceal from your young person
- ◆ impatience and frustration about your young person making a slow recovery.

Look after yourself

Be kind to yourself and engage in self-care activities like sleeping well, connecting with others and staying active. These activities can be hard to do when facing stressful situations but try to do something small for yourself. It's also good for your young person to see these things modelled by others.



Getting support

It can be hard to know when it's time to seek professional support. Often, it's when someone experiences difficulties for longer than a couple of months after an event, and it's having an impact on the way they want to live their lives.

Seek immediate help if you think the young person is at risk, for example of self-harm. Call your local hospital, emergency services (000), Lifeline (13 11 14) or Kids Helpline (1800 55 1800).

1. Hobfall et al. Five essential elements of immediate and mid-term mass trauma intervention: Empirical evidence. 2007; 70(4):283-315 (https://www.researchgate.net/publication/5668133_Five_Essential_Elements_of_Immediate_and_Mid-Term_Mass_Trauma_Intervention_Empirical_Evidence)



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

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

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National Youth Mental Health Foundation

Youth Reference Group

Youth Reference Group (YRG) have started the year off with a bang!

Our first meeting, we eased in and played some board games. We played Herd Mentality, which we highly recommend 🧠 and we played chaotic charades, which was, well... chaotic!

In our next meeting, we got down to business with a planning meeting for 2025 🧠 we looked at the year ahead and mapped out our events, workshops, and activities. We also put some fun things in there for ourselves 🎉

YRG is excited for the year ahead and cannot wait to show you what we'll be working on! If you're aged 15-24 and would like to join our YRG, call the centre and speak with Alisha 📞





Tuning into Teens™ at headspace


Want to create a closer, more connected
relationship with your teen?

Enquire about our **FREE** Tuning into Teens
program and register your interest **TODAY!**

Phone: 5381 1543 Email: info.headspacehorsham@vt.uniting.org

Registrations close February 5th 2025
Session one begins February 19th 2025

This program is delivered
online via zoom



Six session parenting
program for parents
and carers of young
people.



headspace
Horsham

Uniting



headspace
National Youth Mental Health Foundation

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



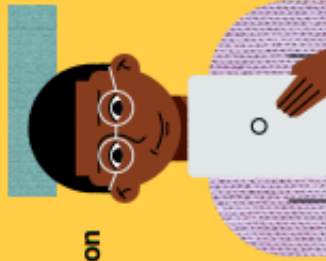
what might happen if I visit headspace?

at the first visit

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

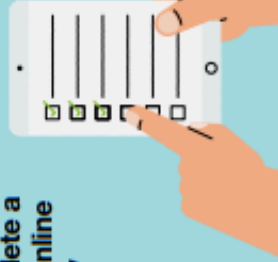
1

Fill in a registration form



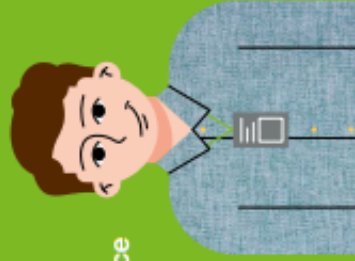
2

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.

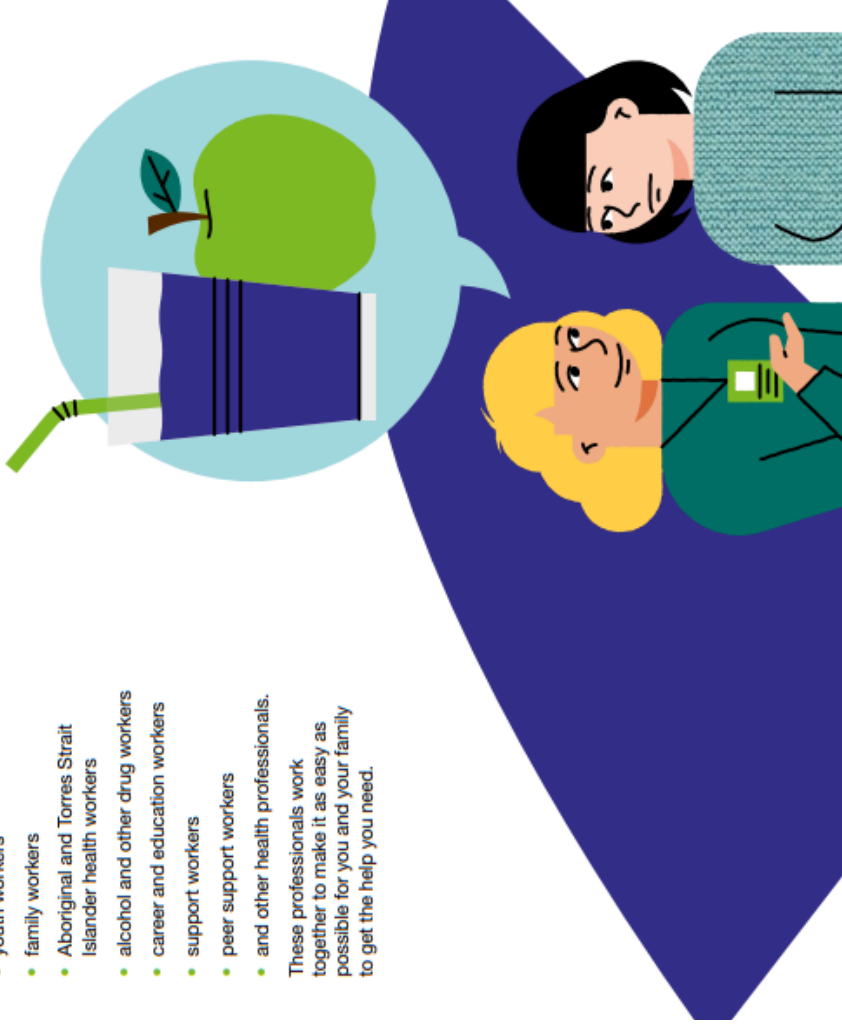
who provides services at headspace?

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 Monday - Thursday 9-6pm and Fridays 9;5pm



5381 1543



info.headspacehorsham@vt.uniting.org

or follow us on our socials



77 Hamilton Street
Horsham, Victoria



Anime and Manga Club

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



4-5:30pm @ The Station



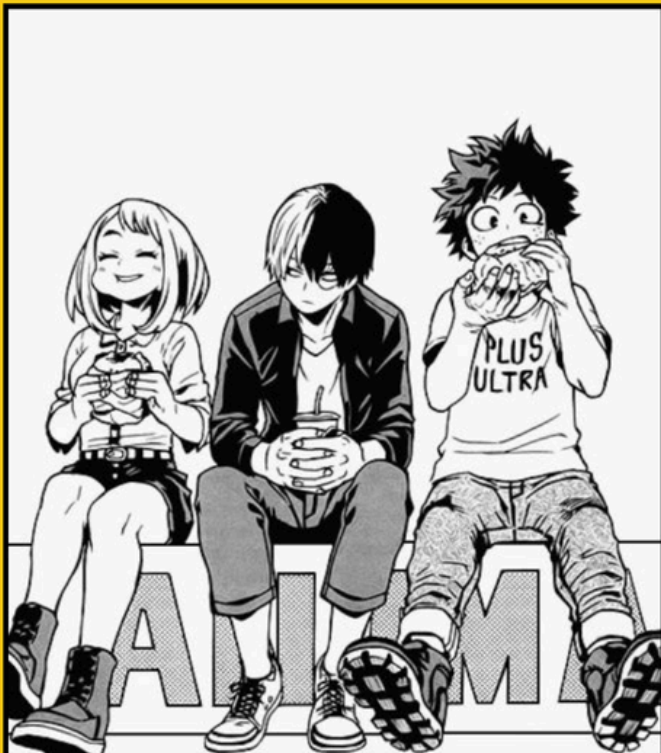
**Activities, snacks and drinks
provided!**

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

For ages 13-25

**Any questions email Ari:
arianna.vettos@hrcc.vic.gov.au**

Register via QR code



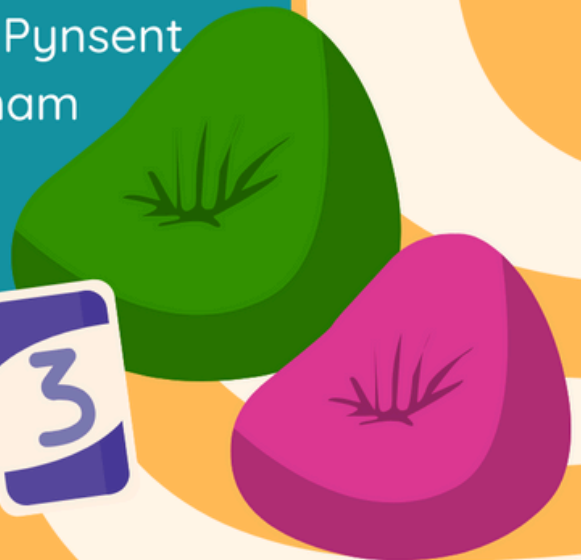
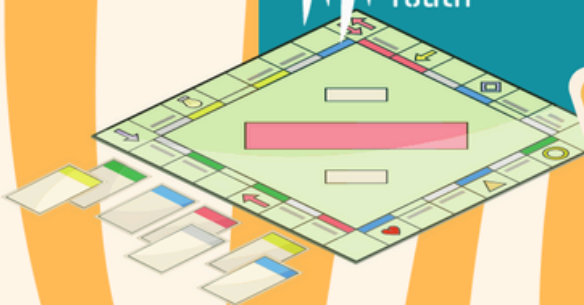
Open House

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



Skateboard Chair Art Workshop

The Station
16 Pynsent st

11th & 18th Feb

(possibly 25th as well)

4:00pm - 6:00pm

Ages: 13-25

Only 19 spots!

Register via QR code



Example

MUSIC | ARTS | CULTURE

FREEZA INFO NIGHT



12.02.2025

**The Station
16 Pynsent St
4:30-6:00**

**For people aged 12-25
(and Parents)**

HORSHAM
Youth

freeza **VICTOR**
State
Govern

www.freeza.vic.gov.au



THE STATION

WE ARE

OPEN

4TH, 5TH & 6TH

3:00 - 6:00 PM

FOR ANYONE AGED 10-25



YOUTH NATURE CREW IS BACK FOR 2025!



Thursday February 27th
Horsham Angling Club
4.30pm - 6.00pm



Register Here

Help us celebrate 'Clean up Australia Day' and have a say on the activities you would like to see in 2025



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



PRIDE NO PREJUDICE

Join our 8 session program to build confidence, explore identity, and learn practical skills for LGBTQIA+ wellness in a safe space!

For: 16-19
year olds

Location and date will
shared with registered
participants

More Info:
info.headspacehorsham@vt.uniting.org

Register here:



School Life

E	S	K	O	O	B	I	J	O	U	R	N	A	L
P	E	N	C	I	L	C	A	S	E	W	P	E	K
G	R	S	R	O	S	S	I	C	S	L	H	N	K
R	E	E	N	O	T	E	B	O	O	K	S	L	S
S	K	D	N	S	C	S	N	O	Y	A	R	C	O
N	S	R	G	E	L	R	E	T	T	I	L	G	C
E	B	A	L	R	P	I	R	O	B	L	X	L	O
P	A	O	U	A	E	R	C	R	A	O	K	E	M
K	C	B	E	D	O	S	A	N	B	B	O	P	P
E	K	K	S	S	B	I	S	H	E	A	C	N	A
I	P	C	T	B	N	G	C	R	S	P	K	L	S
P	A	A	I	B	T	N	M	A	R	K	E	R	S
S	C	L	C	N	U	E	R	A	S	E	R	O	I
O	K	B	K	L	K	R	O	W	E	M	O	H	N

LUNCH BOX
GLITTER
SCISSORS
BLACKBOARD
ERASER
PENS
SHARPENER
COMPASS
GLUE STICK
JOURNAL
NOTEBOOK
PENCIL CASE
PENCILS
CRAYONS
MARKERS
BACKPACK
HOMEWORK
BOOKS

Play this puzzle online at : <https://thewordsearch.com/puzzle/37/>

Popular Pizza Toppings

N	E	L	E	M	T	C	E	G	A	S	U	A	S
S	E	C	G	U	T	H	S	A	L	A	M	I	C
P	I	S	G	S	N	I	S	B	G	C	E	I	C
E	M	T	P	H	H	C	L	A	G	N	I	I	P
A	S	I	L	R	C	K	O	C	T	Z	L	S	E
N	E	E	A	O	A	E	A	O	E	A	N	M	P
U	B	H	N	O	N	N	T	N	N	O	K	I	P
T	U	E	T	M	I	U	E	T	I	A	L	N	E
S	P	A	E	S	P	P	R	N	H	T	O	I	R
D	B	A	A	F	S	O	O	G	U	T	B	H	O
O	D	A	C	O	V	A	N	A	S	O	S	C	N
P	R	O	S	C	U	I	T	T	O	C	T	C	I
A	A	A	H	L	L	C	C	U	R	I	E	U	S
C	H	O	R	I	Z	O	O	N	A	R	R	Z	L

ONIONS
AVOCADO
MUSHROOMS
SALAMI
SAUSAGE
PEPPERONI
CILANTRO
RICOTTA
BACON
SPINACH
ZUCCHINI
PEANUTS
PROSCUITTO
BEEF
EGGPLANT
LOBSTER
CHORIZO
CHICKEN

Play this puzzle online at : <https://thewordsearch.com/puzzle/153/>