



headspace  
Horsham

# january newsletter

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



# common myths and facts about mental health difficulties

## Myth

**Family and friends can't help people with a mental health difficulty.**

## Fact

Family and friends, as well as the wider school, work and community network, play an important role in supporting young people recovering from mental health difficulties.

Family and friends have an ongoing connection with the young person and can offer understanding and practical support that makes a big difference.

## Myth

**People don't recover from periods of mental ill-health.**

## Fact

Most people recover from mental ill-health. In fact, recovery is more likely than not. With the right treatment and support, people commonly return to wellness, as well as learn lifelong skills that help handle life's tough times if they occur in the future.

While some people can experience multiple episodes throughout their life, these learned skills can reduce the duration and severity of these periods, and increase someone's capacity to live the life they want during periods of illness.

## Myth

**Mental health difficulties are caused by genetics.**

## Fact

Mental health difficulties and mental ill-health are complex and can occur for different reasons. Things like grief, relationship break-ups, bullying, exams, family conflict – also called environmental factors – are some of the most common contributors to the onset of mental ill-health in young people.

While environmental factors can worsen any genetic vulnerability, they can also help. For example, a strong family support system can go a long way towards preventing onset of mental health difficulties.

# meet the Horsham team



**Charlotte**  
*youth counsellor*



**Jordan**  
*youth peer worker*



**Alisha**  
*community engagement*



**Helen**  
*youth counsellor*



**Trina**  
*team leader of centre ops*



**Cass**  
*youth outreach*



**U'Nita**  
*clinical lead*



**Colleen**  
*client services*



**Louie**  
*trained therapy dog*



**Ash**  
*LGBTQIA+ peer worker*



**Wally**  
*staff therapy dog*

# New Year

As we step into a brand-new year, let's embrace the fresh start and all the opportunities it brings! Whether you're setting goals or just taking it one day at a time, remember that every day is a chance to grow and thrive.

We hope you've had a well-deserved break over the holidays and are feeling recharged for what's ahead. Let's make this year one to remember!

# Chinese New Year

新年快乐 (Xīnnián kuàilè)! Get ready to celebrate Chinese New Year on the 29th of January until February 2nd! This year, we welcome the Year of the Snake, known for wisdom, elegance, and transformation. It's the perfect time to embrace new beginnings and reflect on the year ahead.

Let's slither into the Year of the Snake with excitement and positivity!

# LGBTQIA+ Dates

Jumping into the new year, let's remember some of the big dates that celebrate and support the LGBTQIA+ community. Here's what's to offer for us in January

- **19 January-9 February** Midsumma Festival

Let's take a moment to celebrate these meaningful days! They're a chance for us to raise awareness, bring people together, and spark real change in our community!



# 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!



**Jordan**

*youth peer worker*

Say howdy to Jordan, our amazing Youth Peer Worker. Jordan's here to support and connect with young people.

When times are tough, he turns to creating, whether it's art, DIY projects, or something new, crafting brings him calm and a sense of achievement!

Meet Ash, our LGBTQIA+ Youth Peer Worker! She's here to support young people, create safe spaces, and chat about life's ups and downs.

When Ash needs to recharge, she dives into embroidery, takes long walks to clear her mind, or indulges in retail therapy to grow her quirky knick-knack collection!



**Ash**

*LGBTQIA+ peer worker*



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](https://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](https://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](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](https://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.





# SLES Programs

Centre for Participation are providing SLES (School Leaver Employment Supports) programs for young people disengaged from school.

If you are a young person out of school looking to brush up your skills or you know a young person who would benefit from this amazing opportunity, contact centre for participation below.

## Program Vacancies



Join Our Daily Sessions and Create Life-Changing Impact!

 When:

- Morning Session: 9:30 AM – 12:00 PM
- Afternoon Session: 1:00 PM – 3:30 PM

### Monday

#### Creative Connections

Art, music, and craft workshops to spark creativity and social interaction.

### Tuesday

#### Active Explorers

Group walks, adapted sports, or dance sessions for fitness and fun

### Wednesday

#### Skills for Life

Cooking classes, budgeting tips, or tech workshops to boost independence.

### Thursday

#### Community Champions

Volunteer projects like gardening or helping at events to give back and feel empowered.

### Friday

#### Social Circles

Coffee catch-ups, movie , or games clubs to build friendships.

Interested? Call our team on 5382 5607 or email [ndis@cfp.org.au](mailto:ndis@cfp.org.au)

# which service is right for my young person?

We have many resources on our website ([headspace.org.au](https://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](https://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](https://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](https://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](https://headspace.org.au/telehealth)



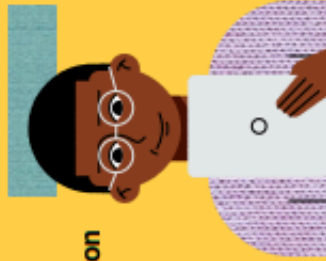
# what might happen if I visit headspace?

## at the first visit

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

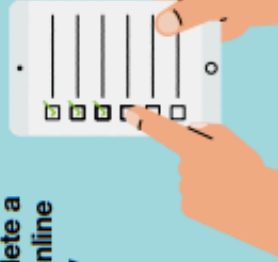
1

Fill in a registration form



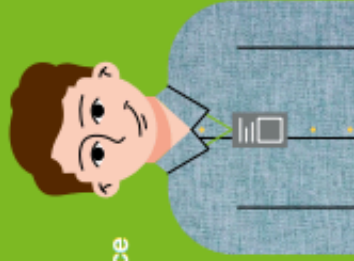
2

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.

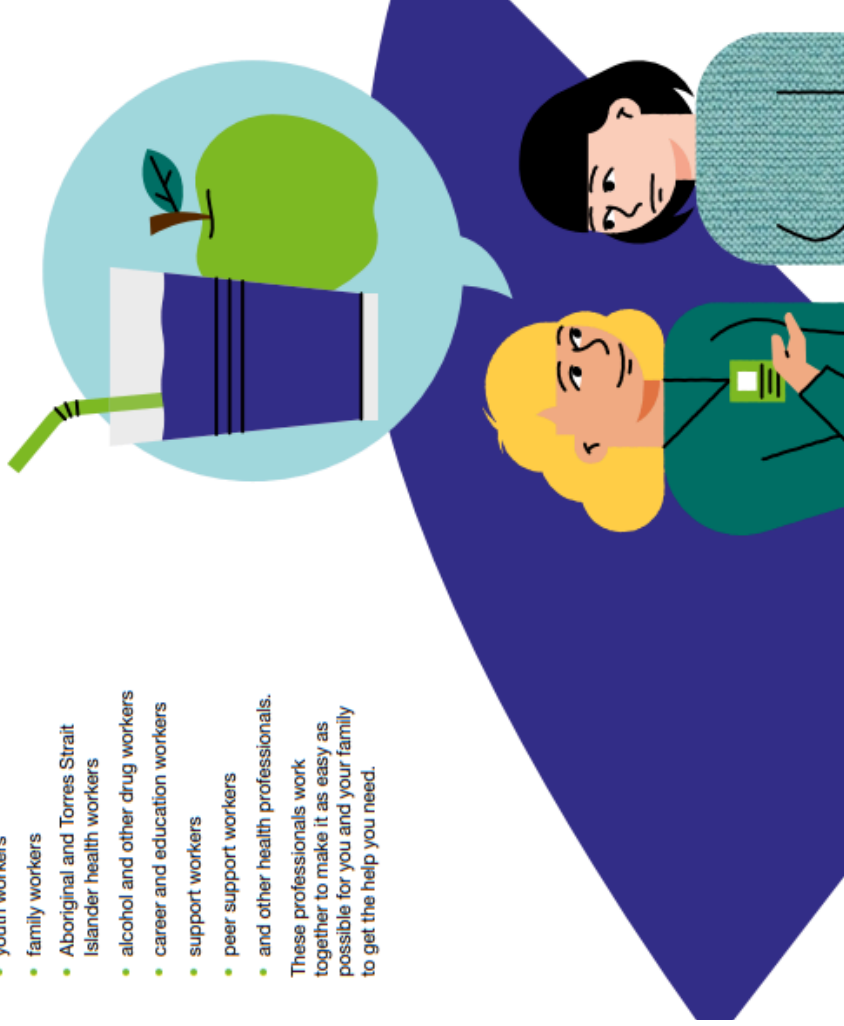
# who provides services at headspace?

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](mailto:info.headspacehorsham@vt.uniting.org)

or follow us on our socials



77 Hamilton Street  
Horsham, Victoria



the facts:  
getting help

# an overview of mental health for family and friends

Good mental health allows us to live life in a positive and meaningful way. It helps us to work or study to our full potential, cope with day-to-day life stresses and be involved in the community.

**When a young person experiences good mental health, it helps them be:**

- resilient
- flexible
- adaptable
- socially connected.

## Changes in young people

The journey from childhood to adulthood is full of physical, social, emotional and behavioural changes. With so much happening, it can be difficult to know the difference between normal behaviour such as occasional moodiness and irritability, and an emerging mental health concern. If a young person shows signs of developing a mental health concern it's important they're supported by their family, friends and health professionals early on.

## What affects a young person's mental health?

There is no one cause for mental health concerns. Research tells us that a number of overlapping factors may increase the risk of a young person developing a mental health concern, such as:

biological factors – family history

of mental health concerns

adverse early life experiences – abuse, neglect, death or significant loss or trauma

individual psychological factors – self-esteem, perfectionism, coping skills or thinking style

current circumstances – stress from work or studies, money issues, difficult personal relationships, challenges within the family serious illness or physical injury alcohol and other drugs use and experimentation.



*Feeling down, tense, angry, anxious or moody are all normal emotions, but when these feelings persist for at least a few weeks, or begin to interfere with daily life, they may be part of a mental health concern.*

## Signs to look out for

Family and friends can often tell when something is not quite right – they may notice the way their young person expresses themselves is different, or other changes in their behaviour.

Here are some common signs that might suggest your young person needs further support.

**These include new, noticeable and persistent changes lasting at least a few weeks, such as:**

withdrawing from or not enjoying things they usually do

changes in eating or sleeping patterns

isolating themselves and spending more time alone than normal

being easily irritated or angry for no apparent reason

declining performance in school, TAFE, uni or work

loss of energy

experiencing difficulties with their concentration

an increase in risk taking behaviour, e.g., using alcohol and /or other drugs, dangerous driving, unprotected sexual activity

being unusually stressed, worried, down or crying for no apparent reason

expressing negative, distressing, bizarre or unusual thoughts.



## How to support your young person

### Reach out to your young person at a time when everyone seems calm to:

- talk openly and honestly
- let them know you're concerned
  - and ask what they need from you
  - show empathy and try to understand their perspective
- avoid judgement and reassure them you're there for them
- take their feelings seriously – don't tell them to 'calm down' or 'get over it'
- encourage them to talk about what's happening in their life and remind them that talking about a problem can help
- spend time together and take an interest in their activities
- discuss their strengths with them and give positive feedback
- listen to their concerns – listen openly, attentively, and don't rush to problem solving
- check in often with your young person.

Family and friends can provide vital support for young people when they are having a tough time.



## Encourage activities that promote good mental health

### Tips that promote good mental health include:

- connecting with others
- staying active
- eating well
- limiting alcohol and other drug use
- getting into life
- sleeping well
- learning new coping skills.

## Offer support

### Let your young person know there is lots of help available.

Professional support is available for both you and your young person. Help find an appropriate service, such as a headspace centre or eheadspace and support them to engage/offer to go with them.

Ask direct questions if you're concerned about suicide. It's OK to ask directly. Research shows that talking about suicide will not make someone carry out the behaviour. You might choose to be specific about what you have seen that's causing you concern.

If you're worried they might self-harm you can ask directly, try to understand their reasons and encourage them to seek professional support.

## Self-care for family and friends

**Caring for a loved one who is experiencing a tough time can impact on your health and wellbeing. Looking after yourself is important as it can leave you better placed to provide support to your young person. Get support by talking to someone you trust and seek professional help if you need it. It's important to look after yourself during these times. By doing so, you're also modelling good self-care for your young person.**

### Other useful websites

- beyondblue
- SANE Australia
- Parent helplines (Google 'Parentline' along with your State or Territory)
- eheadspace (online and phone support)
- your local headspace centre can direct you to some Family and Friends support groups

## Getting support

If someone you care about is in crisis, call triple zero (000). You can also go to your local hospital emergency department. Remember to stay with the person until they're able to access professional support.

**If you are feeling overwhelmed and need to speak to someone now, contact: Lifeline on 13 11 14 or the Suicide Call Back Service**

on 1300 659 467



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

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# Online workshop for Parents of gender diverse people

## Session Outline:

- Parental fear, grief and doubt, and exactly why these are such common experiences.
- Simple and powerful ways to help your TGD loved one thrive
- 3. Managing all this in a difficult cultural and political environment - and why you have more influence than you think.
- Q&A



**REGISTER**

[www.transwellbeing.com/parent-workshop](http://www.transwellbeing.com/parent-workshop)