



headspace
Horsham

july newsletter

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



we say farewell to Megan

Last month we sadly had to say goodbye to our talented and deeply valued Senior Clinical Advisor, Megan.

Megan used her wide array of knowledge, skills, and experience to help improve the headspace Horsham centre and make it better than ever!

Megan has been an integral part of the centre and has brought many smiles and laughs both with young people and with staff.

We all wish you the best on your future journeys and can't wait to see the amazing things you'll get up to!



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



Cass
youth outreach



U'Nlta
youth enhanced worker



Trina
team leader of centre ops



Colleen
client services



Louie
trained therapy dog



Ash
LGBTQIA+ peer worker



Wally
staff therapy dog

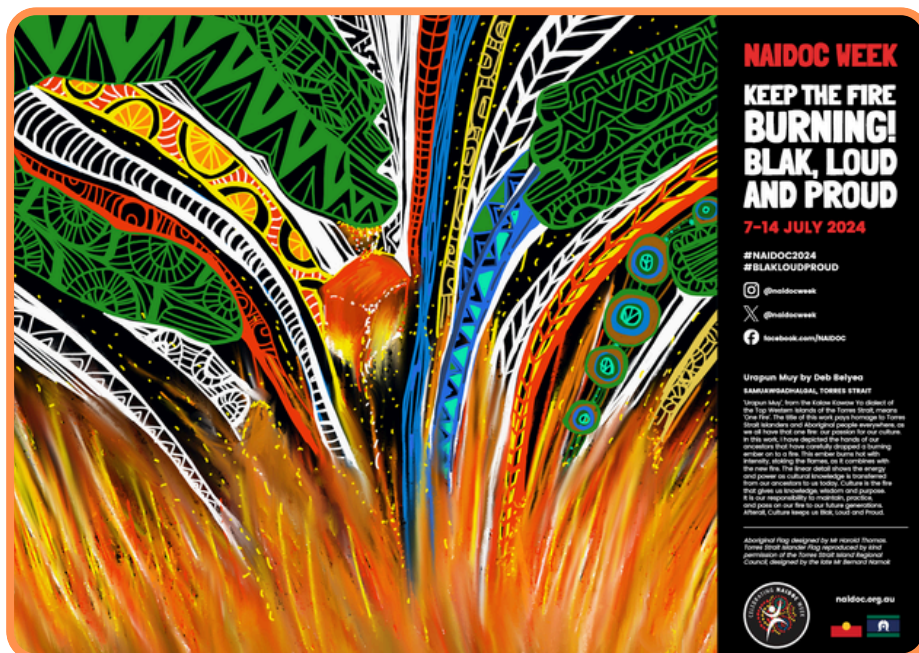
NAIDOC Week

NAIDOC Week is just around the corner, starting on the 7th of July and finishing on the 14th! NAIDOC, which stands for National Aboriginals' and Islanders' Day Observance Committee, is a week to celebrate and learn the rich culture and history of First Nations peoples. Each year has their own individual theme with 2024's being:

Keep the Fire Burning! Blak, Loud and Proud

This years theme is to represent the unyielding and undefeated spirit of our Aboriginal and Torres Strait Islander communities, while also celebrating their identities and place in our communities. It calls for us to stand together to listen, learn, and engage in meaningful dialogue to help shape a better future where First Nations peoples are valued, heard, and respected.

The 2024 National NAIDOC Week Poster was created by the wonderfully talented Deb Belyea called "Urapun Muy". Urapun Muy is the Kalaw Kawaw Ya word for "One Fire", which is dialect of the Top Western Islands of the Torres Strait Islands. The title of this stunning piece is to pay homage to Torres Strait Islanders and Aboriginal people everywhere, as in Deb's words 'we all have that one fire: our passion for our culture.'





the facts:
navigating life

maintaining healthy gaming

Gaming can be a positive and enjoyable activity. It can help us connect with others, feel a sense of belonging and provide opportunities to learn new skills.

Healthy gaming can help us have structure and routine in our lives and give us some beneficial downtime, relaxation and fun.

However, for a small number of young people, gaming can have an unhealthy impact on their everyday lives.

If you think your gaming is impacting on other areas of your life, there are lots of things you can do to get some balance back.



Signs of possible issues with gaming

Gaming can be a great way to help with stress. However, we know that increased or excessive time spent gaming can take time away from being able to do the things that keep you healthy and well. For example, you might find that you're spending less time than usual with people you care about. You might be less active than usual or find that you're having trouble with sleep, studies or work.



If you're experiencing some of the changes below, it might be a sign that gaming is starting to have an impact on your everyday life.

feeling sad, irritable, anxious, frustrated or angry when you're not able to game
changing sleep patterns or sleep difficulties (e.g., staying up late to game)
getting angry or experiencing conflict with others over gaming
other people expressing concern at the amount of time you spend gaming
spending less time with family and friends outside of gaming
spending large amounts of time thinking about gaming
losing track of time and a loss of control over the time you spend gaming

feeling physical pain or irritation, for example pain in your neck, wrists, or back, dry or red eyes
eating meals while playing or skipping meals
spending more money than you can afford on gaming
using gaming as a way of avoiding the real world
often feeling frustrated at losses
unsuccessful attempts to quit gaming or cut back.

You might also notice changes to your life that don't appear directly related to your gaming such as:



Loss of interest in activities that you previously enjoyed.
Lowered self-esteem or self confidence.



Changes to eating habits.



Headaches/migraines.
Decreased personal hygiene.



Difficulties with studies or work.



Push-Up Challenge: Mission Complete!

The 28th of June marked the final day of the pushup challenge, with many of our staff completing the full 3,249 pushups! In total, our community banked a total of 92,899 pushups and we raised a whopping \$5,577 which we aim to use to provide ASIST (Applied Suicide Interventions Skills Training) to staff and the wider community.

We want to thank everyone who participated the challenge, whether you donated, joined us in the push ups, or even spread the word. If you still want to donate but haven't had the chance, worry not! Donations close on the 12th of July and every dollar counts. You can visit our Headspace Horsham page on:
<https://www.thepushupchallenge.com.au/beneficiary/headspace-horsham>



The Push-Up Challenge is back!

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



Careers Expo

Last month, we had an amazing time at the Careers Expo in Longrenong! Alisha, Cass, and the wonderful members of our Youth Reference Group (YRG) joined forces to connect with high school students to chat about the importance of mental health,

The expo was a fantastic opportunity for us to engage with young people, sharing insights into pathways for working in mental health. Our YRG members were also incredible, taking the time to talk with students and answer their questions.

We hope all the students who visited our booth not only learned something valuable, but also enjoyed grabbing all the fun freebies we had on offer!



St Brigids College

Last month we had a blast visiting the Year 12's at St Brigid's College. Cass and Alisha led a lively session all about managing stress and finding coping skills amongst the chaos of their final year.

Alisha, pictured on the right, had everyone's attention with a fun demo using a Coke bottle. She shook it up to show how life's challenges such as exams, can cause stress to bubble up like soft drink. She wowed the students by showing how slowly opening the bottle and waiting can prevent a fizzy explosion, just like how simple coping strategies can keep stress in check. It was a fun and interactive way to teach important skills, and we loved seeing the students leave with new ways to tackle stress head on!



Non-Binary Awareness Week

Get ready to celebrate diversity and self-expression during Non-Binary Week! This special week, starting on the 14th which is International Non-Binary People's Day, is all about recognising and uplifting the non-binary community, breaking free from the binary gender norms, and embracing the wonderful spectrum of gender identities. Whether you're non-binary, an ally or just curious, this is a fantastic time to learn, support, and celebrate everyone's unique journey.

If you want more information about programs and events that we are running, please contact the centre on 5381 1543 or info.headspacehorsham@vt.uniting.org and our team will be able to assist you with your enquiry.

Non-Binary Awareness Week

Strike a pose and sashay your way into International Drag Day on the 16th of July! This fabulous day is dedicated to the art of drag and the incredible performers who bring it to life. From glamorous queens to fierce drag kings and everything in between, drag is all about creativity, self-expression, and unapologetic authenticity. Whether you're attending a show, dressing up, or just appreciating the artistry, it's a perfect opportunity to celebrate a bold and beautiful world of drag! Hallelloo!



what might happen if I visit headspace?

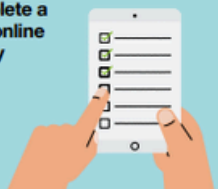
at the first visit

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



headspace
National Youth Mental Health Foundation

stay active

Staying active is super important in keeping a healthy headspace and it can help improve our mood. It's often when we're stressed out or low that getting active can help the most.

The key to getting active is to find something you like to do. This can mean different activities to different people. It can also be a good way to connect with others who are also trying to stay active, and this can help with motivation.



How do I stay active?

Staying active is anything that gets your body moving and increases your heart rate.

Activities like walking, playing sport, yoga, dancing or swimming all help release stress and can give you a better chance of improving your mental health and wellbeing.

Getting active can improve both our physical and mental health.



There are so many benefits to staying active

It can:

- help you sleep better
- improve your concentration
- raise your energy levels
- improve your confidence
- boost your mood
- release stress
- lower anxiety.



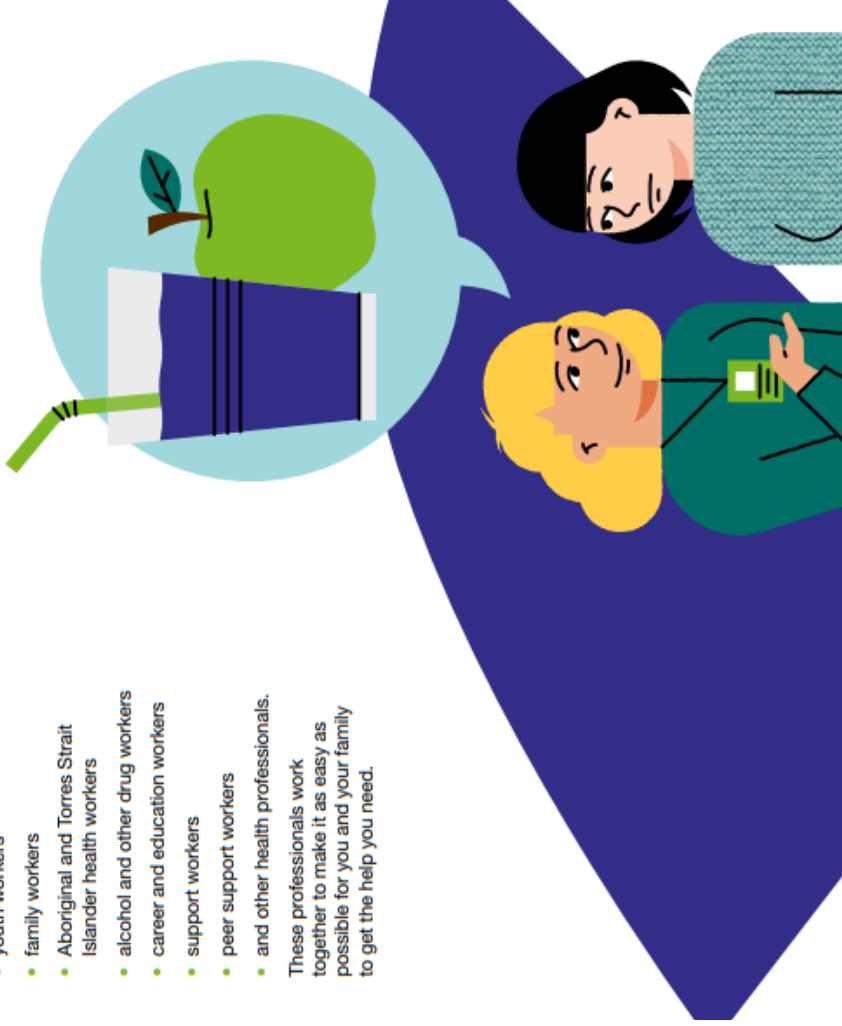
who provides services at headspace?

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?

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 6th

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.



Sunday 14th & Monday 15th

Pineapple Creations - Resin Art

Experience resin art with a workshop present by Pineapple Creations! Held at the Horsham Neighborhood House, The workshop offers therapeutic benefits and creativity. Participants can enjoy coffee and cake on the day. The class is for individuals aged 18 and above. RSVP required at www.eventbrite.com/e/resin-art-workshop-horsham-tickets-716455988147

Sunday 21st

The Sulli-vans Concert

The Taylors Lake Committee will be hosting a concert by The Sulli-vans, a family singing group. Held at the Taylors Lake Hall, starting at 1pm. Entry cost of \$30 Adults, Children 6 - 17 years \$14. Bookings are essential! Contact (03) 5384 3220 for your tickets!

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!

Friday 19th

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. Starts at 10am to 1pm. To reserve your spot, send a message to their Facebook page, as spots are limited. Held at Rosehaven Farms, 989 Wonwondah Dadswells Bridge Rd, Laharum

Horsham Regional Art Gallery Exhibitions



Ground Floor Galleries:

Conflated: A NETS touring exhibition

1st June - 20th October

Upstairs Gallery:

Amabile Dalfarra-Smith: Rhythm of the Land

6th July - 1st September

Keep the Fire Burning! Blak, Loud and Proud

6th July - 1st September

Community Art Gallery:

Keep the Fire Burning! Blak, Loud and Proud

8th July - 26th August

Workshops

Botanical Art workshop with Pam Thoday - Thursday 4th, 7pm

Life Drawing - Thursday 18th, 7pm

Landscape Workshop with Amabile Dalfarra-Smith -

Saturday 20th, 1pm

For Kids

Winter School Holidays - 10am - 12pm

Week 1: Tuesday 2nd, Body Mapping with Tarni

Wednesday 3rd, Upcycled Animal Sculptures with Emily

Thursday 4th, Crazy Sock Critters with Jess

Week 2: Tuesday 9th, Trashion Design with Emily

Wednesday 10th, Quirky Creatures with Michelle

Thursday 11th, Altered Books with Tarni

Creative Minds:

Primary Students - Tuesday 23rd and 30th

The Exhibition - Wednesday 24th and 31st

Secondary Students - Thursday 25th (next session 1st August)

Outside of Horsham:

Saturday 20th, 4pm - Tower Park Market @ Dimboola

Get ready to dive into a bustling twilight market with a whopping 25+ stalls waiting to dazzle you! Picture this: 12+ shops extending their hours for a late-night shopping bonanza. And as if that's not enough, brace yourself for five fantastic food pop-ups stealing the show. And guess what? Santa will also be there! Why, you ask? Because it's a Christmas in July market! Join us from 4pm to 7pm for all the festive fun!

Saturday 20th, 10am - 3pm - Mosaic with Helen Baker @ Dunkeld

Join the creative fun at mosaic classes where you'll master the art of tiling surfaces, learn cool techniques with nifty tools, ace grouting, and seal your masterpiece. All the gear is provided, just bring those trusty side cutters if you can. It's a steal at \$100 for both sessions, payable upfront. Reserve your spot with otrdunkeld@gmail.com.au or 0405385359. Get your mosaic on! Cnr Skene and Sterling Street.

whats on in the Wimmera?

PRIDE PROM 2024

27 - 07 - 2024

SATURDAY

6PM-10PM

HORSHAM TOWN HALL



FIRST 100 TICKETS ARE FREE - SALES GO LIVE 17th JUNE 3:00pm
FOR LGBTIQA+ YOUTH and their ALLIES AGED 13 - 18

DRESS: SEMI-FORMAL OR YOUR OWN VIBE!

DJ, Food, Dance Floor, Chill Out Sensory Room, Prizes and more

This event is Strictly Drug, Alcohol and Vape Free.

