



headspace
Horsham

june newsletter

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



we say farewell to Ashmi

Last month we sadly said farewell to our wonderful Team Leader of Clinical Services..

Ashmi made a huge impact on our young people and our headspace team. She will be sorely missed for her kind, supportive, bubbly, enthusiastic spirit.

Ashmi left this centre a better place for staff and all young people who attend here and she kindly left a GIANT parcel for our team, which we have been sharing all of our favourite goodies..



Ashmi, you are going to smash your next chapter in life and the team here at headspace Horsham wishes you all the best!

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



Megan
snr clinical advisor



Cass
youth outreach



U'Nlta
youth enhanced worker



Kate
client services



Colleen
client services



Louie
trained therapy dog



Trina
team leader of centre ops



Wally
staff therapy dog

headspace forum

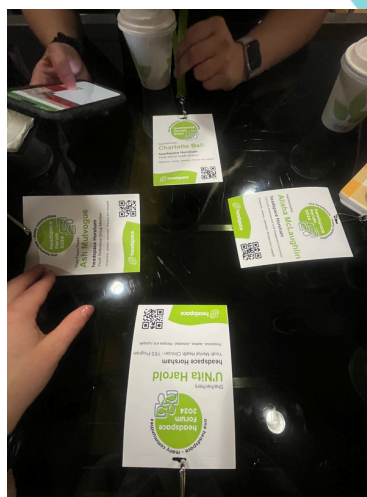
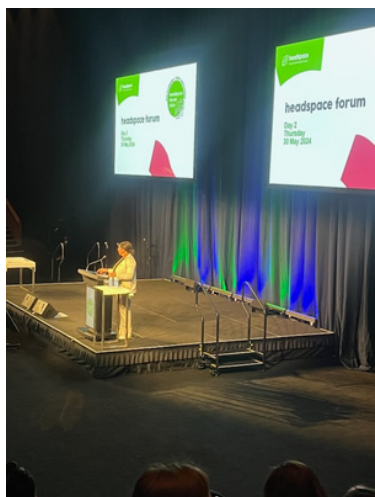
Participating in the headspace forum was an incredible experience, allowing me to connect with others who share my passion and commitment to supporting young people.

I gained valuable insights into their services across the country, received practical advice and tips, and discovered ways to enhance my professional practice to better support others.

Additionally, it was an honour to hear from those from Aboriginal and Torres Strait Islander backgrounds. Hearing the stories of Aboriginal and Torres Strait Islander peoples, as well as those from culturally and linguistically diverse backgrounds, provided me with a deeper understanding of their needs that will help me better support and advocate for these communities in the Wimmera area.



Ash M - Youth Reference Group Member





helping a friend going through a tough time

When a friend is going through a tough time, it can be hard to know what to do or say.

You might have noticed they:

- don't seem like themselves, or
- they're acting differently.

You might:

- let them know that you care
- ask them what you can do to support them
- let them know that you're there to help them.

They might not open up at first, but showing them you have their back can give your friend strength and hope. This also lets them know you're someone they can talk to if they do decide to open up later on.

Asking your friend if they need help can be hard, especially when you don't know what kind of help you can offer. Checking in can make a big difference to the person having a tough time.



What if my friend doesn't want any help?

For many people, reaching out for support can be really difficult. Some of your friends might need time and space.

Be patient with your friend. Don't judge them or get frustrated if they don't take you up on your offer of support. Remind them that you're there if they need you and give them time.

Sometimes you might need to involve someone else – like a trusted adult. If you do decide to tell someone, try to let your friend know that you're planning on doing this first and encourage them to get involved in the conversation.



have you signed up for the Push-Up Challenge this June?

We're taking it on and we want YOU to join us!

Its not too late to join!!!

You'll level up your physical and mental fitness, connect with others and can make a difference to young people in our community by raising funds for headspace Horsham!

Here's what you need to know:

The challenge is ON from 5 to 28 June

The challenge is to complete 3,249 push-ups, but if you're not a push-up pro, you can substitute push-ups with alternative exercises or aim for half the target (1,625)

3,249 push-ups represents the 3,249 lives lost to suicide in Australia in 2022 (the most recent stats)

Each day of the challenge, you'll receive a mental health fact which corresponds to your daily push-up target

It's free to sign up, and the free app keeps you motivated along the way

Click this link to register and support headspace Horsham

<https://www.thepushupchallenge.com.au/register-select...>



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



youth reference group

Last month, our Youth Reference Group, along with Horsham Youth, ran an IDAHOBIT event at The Station, in Horsham!

If you don't know what IDAHOBIT stands for, it is the International Day Against Homophobia, Biphobia and Transphobia and it is held on the 17th of May each year.

This year, YRG had competitions and prizes for a bean bag toss, ring toss, a Cookie face challenge, Sing Star challenges, and best dressed!

Despite our Social Work Student Linds' killer dress sense, one of our young people actually won best dressed this year! Who can deny a set of love heart sunglasses a win?!



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.



dealing with relationship break ups

Relationships break up for lots of reasons and they are often out of our control.

Break ups can be tough, even when you know that it might have been what you needed. Some people feel as though their world has turned upside down and that things will never be good again, and others can feel relief and happiness. There's no right or wrong way to feel.

It's OK to feel whatever you're feeling, lots of people do. Be kind to yourself; it can take time to heal after the loss of a relationship.

Break up challenges

Everyone experiences break ups differently, but some things people might experience are:

- low energy
- restlessness
- loss of hope
- loss of appetite
- lower motivation
- sadness
- anger
- changes to sleep.

Some people might lose the friendships they made with or through their partner, and this can be really upsetting.

Whatever you're feeling now won't last forever, but it might take some time to recover.



Recognise there will be good days and not-so-good days and always be kind to yourself.



Some things to remember

- If you ended the relationship, it doesn't necessarily make the break up decision any easier.
- If someone ended the relationship with you it doesn't mean that there's anything wrong with you. Try not to take it personally because relationship break ups affect lots of people at different times in their lives.
- It's better not to be in a relationship than to be in an unhealthy or unsafe one – remember, you don't have to be in a relationship to feel happy.
- Many people feel upset or angry during this time. Always make sure you're safe in how you express your feelings.
- Try not to feel embarrassed or to worry about how the situation will look to others. Now is the time to focus on you.
- Try to see the positives in a break up. You can learn more about yourself and what you want in future relationships.
- Remember that with time and support you can get through a relationship break up.



rainbow group

For the month of May, our wonderful Rainbow Group had the PAINTINT BUG!

The group finished some more of our groups room mural, attempted some paint by numbers artworks, before cracking out the canvas shoes with some unique designs, whilst others made jewellery whilst watching Heart Stopper on Netflix...

For more information about what groups at our centre, please contact Cass on 5381 1543 or email her at info.headspacehorsham@vt.uniting.org



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:

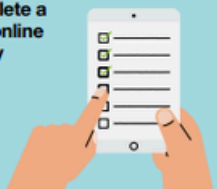
1

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.

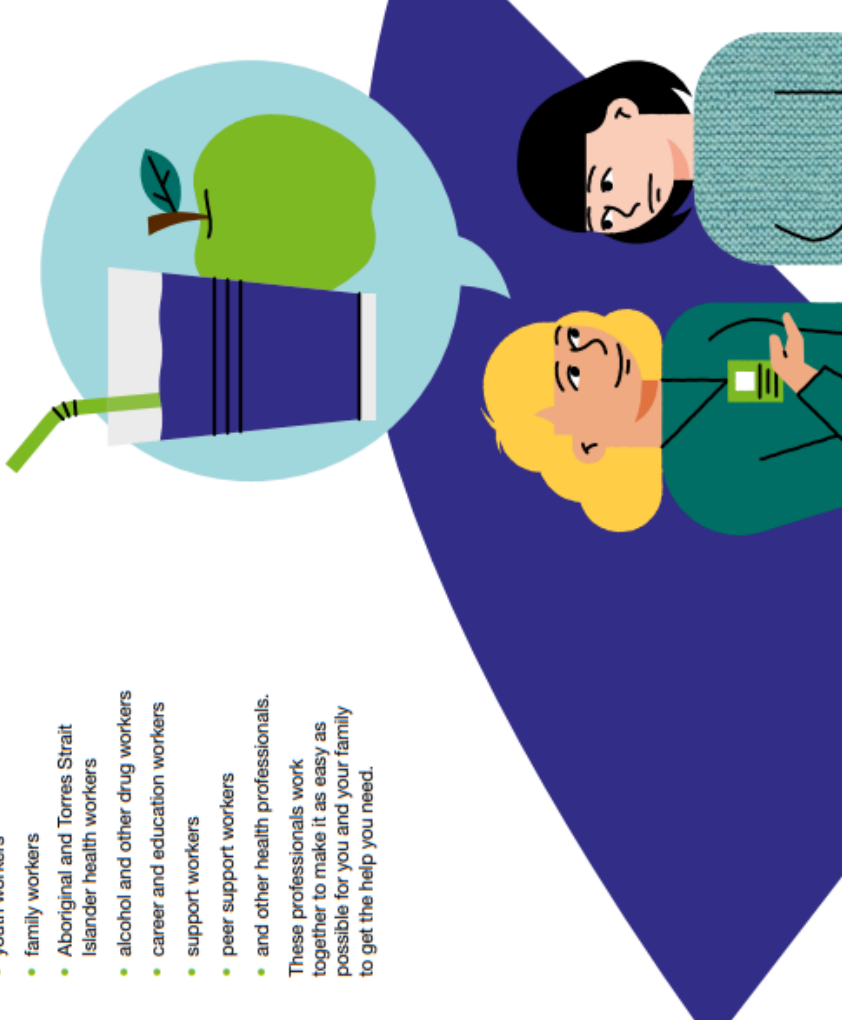
who provides services at headspace?

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

or follow us on our socials



77 Hamilton Street
Horsham, Victoria



whats on in the Wimmera?

Free Parent Webinar: Supporting Your Child During Exams

Elevate Education will be hosting their next webinar on supporting your child during exams on **June 5th**.

By tuning into their webinar series, you'll learn how you can help support your child at home by reinforcing the skills they're learning at school.

Sign up for the session below to learn how you can help your child succeed in exams by establishing an effective routine in the days before.

Wednesday 5th June 6:30-7:30pm

<https://go.elevateeducation.com/auschoolwebinars>



Victoria Police Careers Information Session

Have you or a young person in your life thought about a career with Victoria Police?

Victoria Police have loads of upcoming events that may be of interest to you!

These webinar sessions to help you gain some insight into what Victoria Police offers do in the comfort of your own home or whilst on your daily commute.



Online Webinar - Monday 24th June 4pm

<https://www.eventbrite.com.au/e/victoria-police-careers-information-session-online-webinar-tickets>

whats on in the Wimmera?

EDENHOPE LIBRARY MOVIES THAT MATTER

DATE: Third Saturday in month
 TIME: 12.30pm
 LOCATION: Edenhope Library
 78 Elizabeth Street
 ENQUIRIES: Phone (03) 5585 1302
 Email edenhope.library@wrlc.org.au
 COST: FREE—BOOKINGS ESSENTIAL



EDENHOPE WINTER SERIES SHOW JUMPING WEEKEND

EDENHOPE PONY CLUB GROUNDS
 367 WIMMERA HIGHWAY, EDENHOPE

All entries online via Event Secretary www.eventsecretary.com.au

Day 1 - SATURDAY 1 JUNE:

CROSS COUNTRY COURSE OPEN FOR TRAINING

\$15 per combination. 12noon – 4pm.
 Rustic course in a parkland setting including water jump, bank, logs, tyres and rolltops.
 Approved helmets, boots and back protector to be worn.

SHOW JUMPING TRAINING ROUNDS 30 – 100cm

Starting 12noon.
 \$10 per combination, maximum 3 rounds per horse.

Day 2 - SUNDAY 2 JUNE:

WINTER SERIES SHOW JUMPING COMPETITION – ROUND 3

RING 1: Main arena

8AM SHARP! (7:30am course walk)
 \$15 per combination, maximum 3 rounds per horse.

1. 35cm optimum time
2. 45cm optimum time
3. 55cm super two phase, Article 274.2
4. A) 65cm
- B) 65cm Pony of the series
 238.2.2 Classes 4A & 4B run concurrently.
5. 75cm one round speed class Article 238.2.1
6. 85cm super two phase, Article 274.2
7. 95cm horse of the series 238.2.2
8. 104cm 238.2.1

All classes ribbons 1st – 4th place.
 Pony of the series prizes for 1st and 2nd place.
 95cm sponsored by EARC: 1st \$30, 2nd \$20, 3rd \$15.

RING 2: Encouragement ring

9am start
 \$10 for the day

Kids class starts approx. 9am.
 Kids can be led if needed.
 Ribbons for all participants!

20 x 60m arena for beginners and/or green horses wanting to train in a safe, enclosed arena. Heights will alternate between poles on ground, 20cm, 30cm.

Ring available for use during the day.
 All junior riders must be supervised by a parent.

SUNDAY ONLY: catering available from EARC:
 breakfast, lunch, snacks, hot and cold drinks

No entries accepted on the day. Entries close midnight Wednesday 29th May. No refunds after close of entry without medical or vet certificate. Refunds before close of entries will incur a \$10 administration fee.

Event Information

DATE: 25 June 2024 - 25 June 2024
 TIME: 8.00pm
 VENUE: Horsham Town Hall Theatre
 71 Pynsent St, Horsham Town Hall, VIC, 3400
 DURATION: 2 hours 15 minutes
 PRICE: \$40 Full Price
 \$35 HTH Members
 \$35 Concession
 \$35 Student

MELBOURNE INTERNATIONAL COMEDY FESTIVAL ROADSHOW

COMEDYFESTIVAL.COM.AU

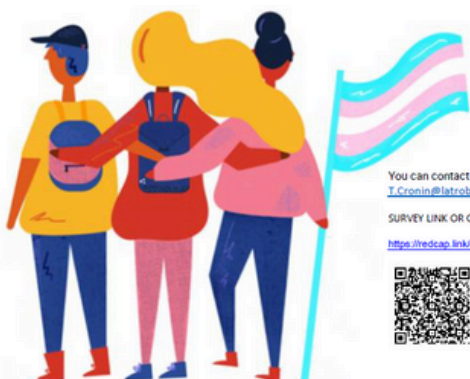


Do you identify as Transgender, Gender Diverse or Non-Binary?

Are you a young person aged 14 – 17 years old?

We invite you to take part in our research by completing a 25-30 minute online survey that includes questions about your gender, your family, and your wellbeing. We are interested in how external events like discrimination, as well as more positive factors like family and community support affects you and your wellbeing.

By participating in this survey, you are helping further understand people like you and your needs. This understanding will help psychologists support transgender, gender diverse or non-binary young people better.



You can choose whether to participate, and you only need to answer the questions you wish to.

You can contact Tim Cronin at La Trobe University at T.Cronin@latrobe.edu.au for more information.

SURVEY LINK OR QR CODE

<https://hrcap.link/idef5yw/>



JUNE | 2024

YOUTH MENTAL HEALTH FIRST AID



FREE

BOOK NOW

1-DAY REFRESHER COURSE - HORSHAM
 - MONDAY 3 JUNE 9.30AM TO 2PM

Training to be held at
 Horsham Neighbourhood House
 13-15 Robin Street, Horsham
 Bookings to hello@horshamnh.com.au
 or phone 035382 5352

