



headspace
Horsham

may 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



Zunaira
youth counsellor



Charlotte
youth counsellor



Alisha
community engagement



Anna
case manager



Trina
team leader of centre ops



Cass
youth outreach



Ash
LGBTQIA+ peer worker



Jordan
youth peer worker



Rob
social work student



Louie
trained therapy dog



Jasmine
client services



U'Nlta
team leader of clinical services

meet the Horsham team (continued)



Kate
centre manager



Andrea
careers consultant

Welcome, Anna!

Exciting news! Let's give a big welcome to Anna, the newest member of our team joining as a case manager!

We're super excited to have her on board, she's passionate, supportive, and ready to make a real difference.

If you see her buzzing about in the centre, be sure to say hi and give her a warm welcome!



Welcome, Kate!

Please join us in giving a huge welcome to, Kate our new centre manager!

Kate brings awesome experience, fresh ideas, and a whole lot of passion to the team. We're pumped to have her leading the way and can't wait to see the amazing things she has to offer!

If you see her around in the centre, be sure to say hello and give her the welcome she deserves!



LGBTQIA+ Dates

We have heaps of celebrations for diverse genders and sexualities here in May! Here's what we're looking forward to this month:

17 May: IDAHOBIT Day

19 May: International Agender Day

24 May: Pansexual Pride Day

28 May: LGBTQIA+ Domestic Violence
Awareness Day

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!



CAE Conference

Alisha, our Community Awareness and Youth Engagement Coordinator, went on a road trip to Melbourne to attend the headspace National Community Awareness conference! Alisha was able to meet lots of people from different headspace centres from all over Australia and hear about the awesome things that they are doing at their centres. She also had a cool opportunity to lead an ice-breaker with the room of 120 people, which as you can see from the picture, she absolutely loved!



Next Gen Legends

We wrapped up our final session of Next Gen Legends in April, so a huge shoutout to all the amazing legends who participated!

You brought the energy, skills, and the good vibes and it wouldn't have been the same without you!

Good news: we're running it back! Next Gen is coming at you again this May, so if you're ready for more games, more laughs, and more epic moments, check out our flyer below. Limited spots so don't miss out!





headspace
Horsham

PRESENTED BY HEADSPACE HORSHAM

NEXTGEN LEGENDS!

ROUND 2

PLAY

PROGRAM INFORMATION

EVERY MONDAY STARTING
12TH MAY UNTIL THE 7TH JULY
4PM UNTIL 5:30PM

EXIT

Good news! we're running round 2 of NextGen legends and we want YOU to be a part of it!

Are you a young person aged 12-16? want to be a part of our 8-week gaming program focused on supporting you to strengthen your social and communication skills through video games?

Scan the QR code or click the link for more information and to register.



MENU

Location: 77 Hamilton St, Horsham

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 810 794.

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 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





GOOLUM GOOLUM

YOUTH DROP IN

FOR 12 - 18 YEAR OLDS

MONTHLY GROUP TO HANG OUT,
PLAY GAMES, HOMEWORK HELP AND
HEAPS MORE FUN ACTIVITIES!

4:00PM - 6:00PM

AUNTY IRENE ROOM

43 HAMILTON ST, HORSHAM

*DATE TO BE CONFIRMED EACH MONTH

ALL SNACKS AND DRINKS PROVIDED

*GUARDIAN PERMISSION REQUIRED

*FOR ABORIGINAL AND TORRES STRAIT
ISLANDER YOUTH ONLY

FOR MORE INFORMATION PLEASE
CONTACT HANNAH ON 0484 268 536



CREATE AND RELATE

WEDNESDAY 7 MAY 2025

3:30PM - 5PM

FOR 12 - 25 YEAR OLDS

KEYCHAIN MAKING, JUNK
JOURNALLING, AND MORE!



Nhill Library
5 Clarence St, Nhill

COME AND JOIN US!

For any questions, email us at
info.headspace@vt.uniting.org or call
us at (03) 53811 543

Anime and Manga Club

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



4-5:30pm @ The Station

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

**Activities, snacks and drinks
provided!**

For ages 13-25

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

Register via QR code



PLANT FOR TOMORROW

RECONCILIATION WEEK EVENT

All are welcome!



**THURSDAY
29 MAY**

4-6pm

THE STATION

**16 Pynsent St,
Horsham**

ACTIVITIES INCLUDE:

- Pot painting with a free native plant (limited amounts available!)
- Free sausage sizzle

FOR ENQUIRIES, CONTACT US AT
INFO.HEADSPACE@VT.UNITING.ORG

KALEIDOSCOPE MERCH WORKSHOPS



Wednesday April 23

Thursday May 1

Wednesday May 7

4:00pm – 6:00pm

The Station

16 Pynsent St, Horsham



Register here

**Help us create merch to be sold at the
Kaleidoscope Exhibition opening**



Merch includes:

Loom Bands

Badges

Keychains

Mini-Artworks

Magnets

Friendship Bracelets



**All LGBTQIA+ young people and allies aged
14-18 welcome**

All profits will be donated to Minus 18

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

