



headspace

Horsham

may newsletter

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

Platform 1



community engagement

did you know we are part of a podcast?

headspace Horsham were invited to be a part of the Hindmarsh Youth Council's mental health podcast!

Our Community Awareness and Youth Engagement Coordinator, Alisha, headed over to Jeparit Town Hall and recorded 2 episodes with the legendary youth councillors.

The episodes were about how to support a friend and how to manage bullying, which are some really important issues that young people face.



Once the episodes are released, we will be sure to support the Hindmarsh Youth Council and share it!

youth reference group

This month, we were able to support 2 more of our Youth Reference Group members to be able to practice their CPR skills and get their Senior First Aid Certificate!

If you were to join our YRG, you will be able to develop skills and have training opportunities like this available to you.

We want to see you succeed!

For more information about what Youth Reference Group is all about, please contact Alisha on 5381 1543 or email her at info.headspacehorsham@vt.uniting.org



team planning day



Some of you might have noticed we closed the centre the other week, so we could have a full team planning day!

Our YRG even joined us to chat about how we can better deliver services to the most important people in our community, our young people.

Keep an eye out for what's in store for headspace Horsham in the next 12 months!



are you aged 15-25 and passionate about youth mental health in our community?

apply for youth reference group today!

in youth reference group, you will:

- plan and deliver events and programs for young people
- meet other young people with similar passions and interests
- gain leadership experience
- have training opportunities
- develop skills to put on your resume!

click the link  in the caption!



join our online peer group chat:

adult supporting young people

Every Monday, 6.30pm-8pm AEDT join at any time



Free, anonymous, safe and supportive group chat to regularly connect with others going through similar situations.

If you are an adult supporting a young person (a parent, carer, teacher or you work with young people), it can be helpful to join a community and hear from other adults about their experiences.

Topics include (but not limited to):

- Ways to communicate
- How to help a young person through change
- Self-care ideas for yourself and your young person





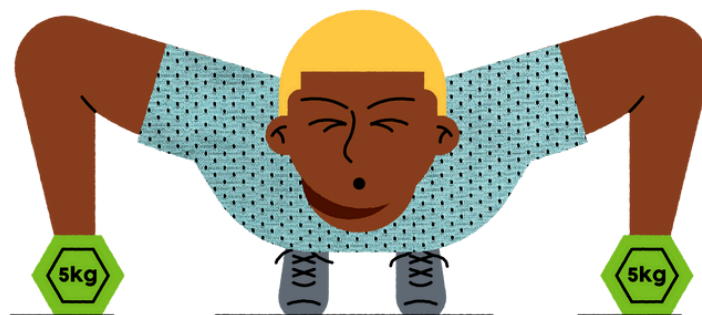
The Push-Up Challenge is back!

The Push-Up Challenge is a free, virtual event that engages your workplace in mental health by:

- **Educating:** Each day of the Challenge, you'll receive a different push-up target which corresponds to an important mental health fact or statistic.
- **Reducing stigma:** The daily mental health facts facilitate conversations about mental health and encourage people to seek help when they need it.
- **Encouraging connection:** Participants benefit from a positive team spirit and sense of camaraderie with their workmates, both virtually and in person.
- **Promoting fitness:** Exercise has many benefits for your physical and mental health. Push-ups can be done anywhere and anytime, so it's easy for participants to get involved.
 - **Making a difference:** You can choose to raise funds for headspace Horsham to improve mental health outcomes in our community.

Participants are challenged to complete 3,249 push-ups over 24 days, which represents the 3,249 lives lost to suicide in Australia in one year, according to the most recent statistics from 2022.

It's a big challenge, but there are options to suit every fitness level. You can aim for the half target (1,625) or substitute push-ups with alternative exercises like sit-ups, squats, wall push-ups... Anything goes.



If you do choose to get involved, we'd love you to fundraise for our centre. Simply select "headspace Horsham" in the drop-down box when you register.

You can register your workplace (or join as an individual) here:

https://www.thepushupchallenge.com.au/register-select?utm_campaign=headspace-121

Join our online peer group chat:

general coping

**For young people
Every Wednesday,
6.30pm - 9.45pm AEDT
Join at any time**



Free, anonymous, safe and supportive group chat to regularly connect with others going through similar situations.

Join the community to learn more about how to keep on top of stress, manage life's daily challenges and function at your best. Hear from other young people about what they do and resources they've found beneficial and share what works for you.

Topics could include (but not limited to):

- Difference between nerves and anxiety, and how to manage both
- Ideas for self-care and why it's important to make time for yourself
- Dealing with change, big and small

Join chat



Find an online chat (or chats) for you.

Our online peer group chats are free, anonymous, safe and supportive spaces to regularly connect with others going through similar situations.

Monday:

- navigating relationships (weekly) for anyone aged between 12-25

Tuesday:

- qheadspace (weekly) for the LGBTIQ+ community and allies aged between 12-25

Wednesday:

- general coping (weekly) for anyone aged between 12-25

Thursday:

- work and study (fortnightly) for anyone aged between 12-25



Join a chat

6.30-9.45pm AEDT

headspace.org.au/chats-by-peers



rainbow group

Last months session had one of our Rainbow Group members, who also was helping to the co-facilitate the session, getting our group to complete some Disney Trivia.



They then we moved on to some Amazing Markiplier Adventures, and finished off the session with a heated game of Mario Kart (where I Cass won) 😂

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

Else come along to our next session on 30th May @ 4pm

how to contact headspace



5381 1543

info.headspacehorsham@vt.uniting.org



or follow us on our socials



whats on in the Wimmera?

INFORMATION FOR CUSTOMERS

Australian Government Mobile Service Centre



Serving Regional Australia

Visit the Mobile Service Centre to find out about Australian Government payments and services for rural families, older Australians, students, job seekers, people with disability, carers, farmers and self-employed people.

Information about Department of Veterans' Affairs programs and support services for veterans and their families will also be available.

Staff can provide you with information and support. They can also help you create a myGov account. myGov is a simple and secure way to access government services online.

Wednesday, 15 May 2024

9 am to 4 pm

Near the council chambers, Elizabeth Street
EDENHOPE

For more information, go to servicesaustralia.gov.au/mobileoffice



  servicesaustralia.gov.au/mobileoffice



PRESENTS

IDAHOBIT Breakfast

Friday, May 17

7am-8.30am

May Park

Join Wimmera Pride Project's friendly crew for a **FREE** breakfast on your way to work/school, while celebrating the International Day Against Homophobia, Biphobia, Intersexism, and Transphobia

ALL WELCOME
(Under 18s must be accompanied by a parent or guardian)



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/idaif5ywl>



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

