



headspace
Horsham

september newsletter

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



Escape Room

Get ready for an epic adventure! We're hosting an Escape Room on the 2nd of October from 12 to 7 pm for ages 12 to 18, and it's going to be one for the ages. Themes will include your favorite fandoms those being Marvel, Harry Potter, Pokémon, and Star Wars! Be prepared for a day full of puzzles, challenges, and a whole lot of fun.

Keep an eye on our socials and networks for more details as the date gets closer. You won't want to miss this!

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



Trina
team leader of centre ops



Cass
youth outreach



U'Nlta
youth enhanced worker



Jordan
youth peer worker



Colleen
client services



Louie
trained therapy dog



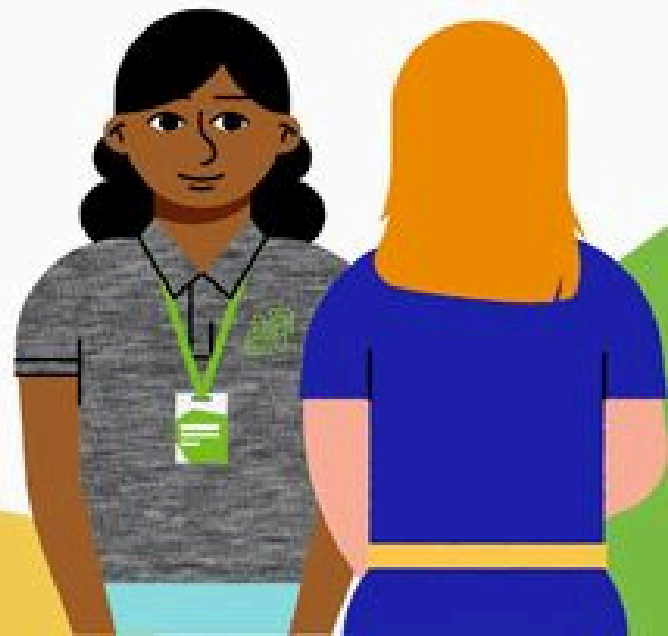
Ash
LGBTQIA+ peer worker



Wally
staff therapy dog

ever thought about joining our headspace team?

we have an exciting
Youth Mental Health Clinician
role open for someone
who is passionate about supporting
young people



Wear It Purple Day

What an incredible turnout we had for Wear It Purple Day at Horsham College! Trina and Ash joined forces to hand out friendship bracelet and shoelace decorating kits to the students, adding a splash of colour to an already colourful day. We were thrilled to see so many students getting involved and showing their support.

A big thank you to Horsham Colleges for inviting us, and a special shout-out to Teilah and Marc for collaborating with us and attending the event. Your support helped make this day truly memorable!



 **the facts:**
tips for a healthy headspace

create connections

Feeling connected to others is super important. Healthy connections are important for your mental health. Spending time with people you care about, and who care about you, can help you feel supported. Putting time into your connections can help you feel good, boost your energy and help you keep a healthy headspace. We know connections with others aren't always easy. Finding a new connection can often be scary. And if you're experiencing mental health difficulties you may feel like disconnecting from people, rather than reaching out. But here's the thing – the more you work on your connections to others, the stronger they get.



How do connections boost your mental health?

When you spend time connecting with and supporting others, your wellbeing can improve too!



Strong connections can give you support when you need it and provide a sense of belonging and community.

Here's how working on your connections can improve your headspace:



Boosts your energy



Improves your sense of belonging



Helps you relax



Helps you feel supported including at workplaces, TAFE, school or uni.



How do I look after my relationships/connections?

- ◆ Every connection can bring you different benefits, so try to keep a variety of people in your life, such as friends from work or school, teachers, parents, people who have similar interests and more.
- ◆ Communication is important. When you're open with people, they're likely to be more open with you – which can help strengthen your connection.
- ◆ Socialising and keeping in contact can sometimes be hard. Occasionally you may feel left out or not all agree. Just remember, it's normal to feel this way sometimes.
- ◆ Setting safe and respectful boundaries helps you let other people know how you'd like to be treated.
- ◆ Your relationship with yourself is an important relationship too. Take time to look after yourself and recharge. When you look after yourself, it can teach you how to look after others as well.



Focus on positive connections that make you feel good about yourself. Those where you support each other and where you feel you can be yourself.

Types of connections

There are many different types of connections to explore such as:

Friends

Grow a friendship by doing something together or for them.

Family

Reach out to a family member and have a yarn or organise a family catch up.

Work mates

Share something positive with a work colleague (e.g., something you value about them or their work).

Romantic relationships

Spend time with your partner finding common interests or connecting through activities.

Cultural

Link in with local community events, cultural camps and yarnning circles.

Country

Maintain strong connections to country where you can.

Community

Get involved in your local community as a volunteer or at events.

Animals

Visit an animal park, care for a pet or spend time with your own or someone else's pet.

Support people or service

Take the first step and reach out to a support person when in need.

You (yourself)

Take time out to spend with yourself, looking after yourself by filling your own cup back up.



Getting support

There are lots of ways to look after your headspace.

Check out the headspace website for tips on how to look after your mental health.

If you've tried some of these strategies for some time without improving, it's time to reach out to a trusted friend, family member, Elder, teacher, counsellor, or a health service.



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.



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Bunnings

In August, Alisha and Trina attended the Bunnings networking evening where they got to learn more about some amazing community organisations in Horsham. During this evening, they connected with WMS LLEN, SES, Ambulance Victoria, Horsham Neighbourhood house and many others. It was a great night to chat and learn about the great spaces that support people in our local community.



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.

Intake and Assessment Room

If you have been following our socials, you may have noticed our latest post surrounding our Intake and Assessment Room. This is one of the first rooms young people see when accessing our services! We want young people to feel comfortable walking through our doors and we need your help!



Below we've attached a feedback form to hear your thoughts on how we can make this room more young people friendly. We encourage young people, as well as their family, carers, and friends to fill in this form. Alternatively, you can comment on our Facebook or Instagram post or email us at info.headspace@vt.uniting.org

<https://form.jotform.com/24247080779>

[4869](https://form.jotform.com/24247080779)



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



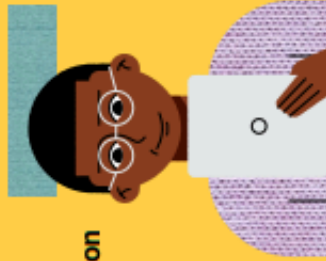
what might happen if I visit headspace?

at the first visit

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

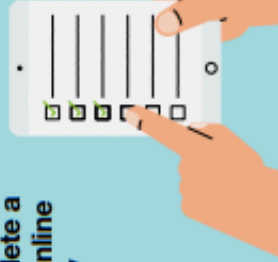
1

Fill in a registration form



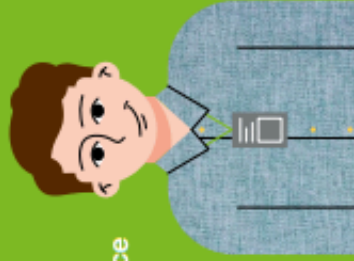
2

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.

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.



What can I say to help my friend?

It can be hard to know how to start the conversation. Sometimes it can be as simple as, 'are you doing OK? I've noticed we haven't been in contact as much recently' – or mention what you've noticed that's different.



Some things to help you plan:

- ◆ Are you in a good headspace and ready to have the chat?
- ◆ Have you had a look at the headspace website to get a better understanding of what might be going on for them?
- ◆ Have you got enough time, and are you free from distractions?
- ◆ Have you chosen somewhere private?
- ◆ Have you found a time that's good for them to chat?

If it looks like your friend would benefit from additional support, you can say things like:

- ◆ 'Have you talked to anyone else about this? It's great you've talked to me, but it might be good to get advice and support from a health worker.'
- ◆ 'It doesn't have to be super intense and you can make choices about what you want to talk about.'

- ◆ 'A GP can help you with this stuff. You can find one that bulk-bills, so you don't have to pay. I can go along with you, if you want.'
- ◆ 'There are some great websites you can check out to get more information. Have you heard of headspace or ReachOut?'
- ◆ 'Did you know that you can get free and confidential support online or over the phone from places like eheadspace, Kids Helpline and Lifeline. All of these services are anonymous and can help you figure out what's going on for you and where to go for the right support.'
- ◆ 'I know you're not feeling great now, but with the right support, you can get through this. Lots of people do.'
- ◆ 'It's OK to feel this way and I'm here and have your back.' Let your friend know you believe their concern and let them know they're not alone.

Look after yourself

Supporting a friend through a tough time can be difficult, so it's important that you take care of yourself, too. You can check out our tips for a healthy headspace to look after yourself. These include:

- ◆ get into life
- ◆ create connections
- ◆ learn skills for tough times
- ◆ eat well
- ◆ stay active
- ◆ get enough sleep
- ◆ cut back on alcohol and other drugs.



Try to remember that you're their friend and not their counsellor. Be realistic about what you can and can't do. Set boundaries for yourself to make sure that you're doing the best thing for you, your friend and the friendship.



If you need support, it's a good idea to reach out for extra help. A good place to start is a trusted friend, family member, Elder, teacher, counsellor, or a health service.

You can also contact a headspace centre or eheadspace if you would prefer to chat to someone online or over the phone.

If you or your friend need medical help right now contact 000.



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

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.

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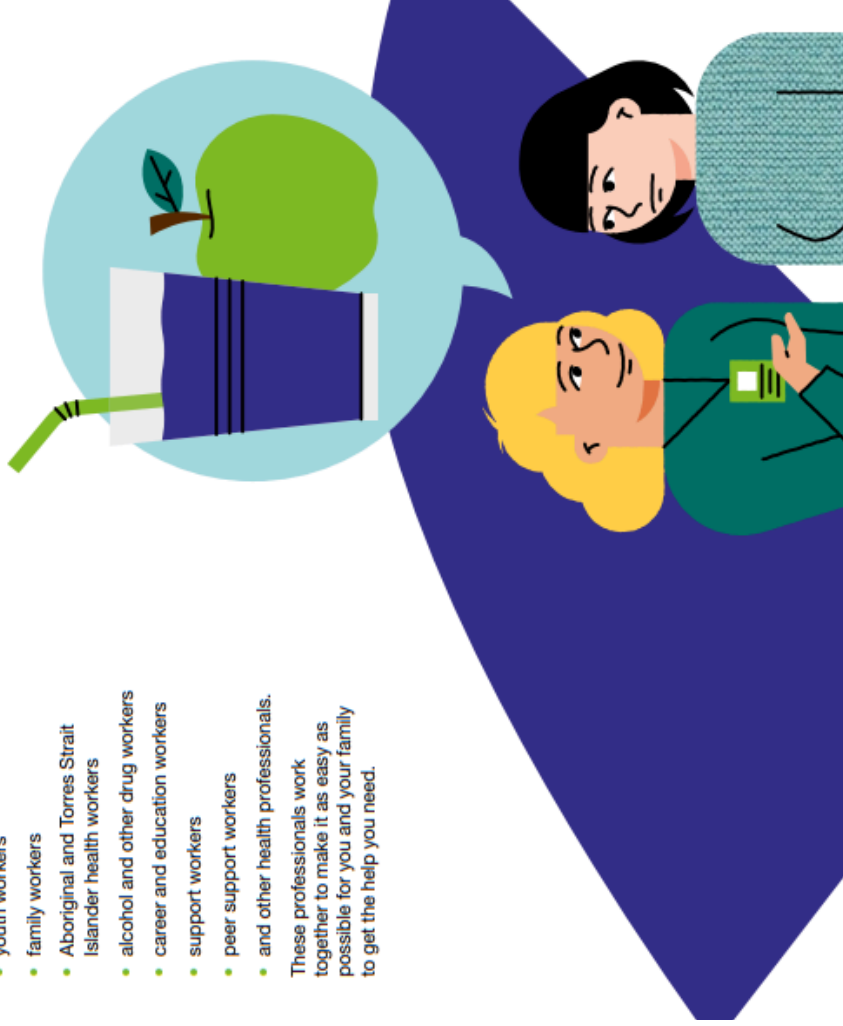
who provides services at headspace?

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



Multicultural Workshop and music Event



Free
entry!

Saturday
14 September
From 2.30pm-7pm
Stawell Town Hall



A Melbourne-based
famous Multicultural Band
**Yusupha Ngum and
The Affia Band**

My Mentor National Tour

a collective that celebrates the
fusion of **Afro, Australian, Asian
and European** musical traditions

An immersive experience of:

culture and sounds of world
jazz fusion, folk music, ska,
mbalax, rap and Afro-fusion
music all in one place

**Don't miss this opportunity
to connect with music,
culture and creativity!**



WHAT TO EXPECT

Workshop starts at 3pm

The band will assist in facilitating a hands-on workshop, providing participants with a rich, immersive musical experience.

Open session starts at 4pm

Practice session with the band

Live performance starts at 6pm

A unique opportunity to perform or dance alongside the band.

Please, RSVP

by 12/09/24 to:

grampiansmulticulturalhub@gmail.com

Grampians
Multicultural
HUB

Advertised by:

Y-FACTOR

SATURDAY 21st SEPTEMBER

STAWELL ENTERTAINMENT CENTRE

7PM

1st prize - \$400 + 2 Tickets to The Push All-Ages Tour Horsham

2nd prize - \$150 + 2 Tickets to The Push All-Ages Tour Horsham

3rd prize - 2 Tickets to The Push All-Ages Tour Horsham

Solo Performers must be under 25

Bands must have at least half their

members be under 25

Entrants can register at



Registration closes
midnight 15/9 2024

This is a free, family-friendly, smoking, vaping,
alcohol and drug-free event.



Supporting young people with transition from primary to secondary school A free online webinar for Parents and Carers

headspace Schools & Communities would like to invite you to attend a Mental Health Education session for Parents and Carers.

This session will cover:

- Mental health and wellbeing in adolescence
- How to have conversations with young people about their mental health and wellbeing
- Noticing signs that a young person might be going through a tough time and struggling with their transition out of school
- Identifying strategies to connect and communicate with young people
- Increasing knowledge about how to support them during this transition period and where to access professional support.

Where: Online via Zoom

When:

- Session 1: Tues 3 Sept, 6 - 7PM AEST
- Session 2: Thur 5 Sept, 8 - 9PM AEST

How to register:

[Click here](#) or scan the QR Code below to register by selecting your preferred date and time through Eventbrite.



After registering, you'll receive a confirmation email from Eventbrite which will include the Zoom meeting link to access the webinar.

Need more information?

Email us: MHEP@headspace.org.au



Mental Health Week

An online event delivered by headspace Schools & Communities.

Join us for a FREE online workshop on
Tuesday 15 October 2024 as part of
Mental Health Week.

what you will learn

Our student workshop aims to support
students to:

- Understand mental health and the importance of looking after ourselves
- Understand what self-care is
- Develop a self-care plan
- Identify where, when and how to seek support

who these sessions are for

The Mental Health Education Program is delivering an online workshop for students about *Self-Care: Looking After Your Mental Health*.

when

Tuesday 15 October 2024

- 9 am - 10.15 am (WA)
- 10.30 am - 11.45 am (NT)
- 11 am - 12.15 pm (QLD)
- 11.30 am - 12.45 pm (SA)
- 12 pm - 1.15 pm (ACT, NSW, TAS, VIC)

where

Online via Teams

how to register

Click [here](#) to register
via Eventbrite or scan
the QR code.



questions?

Please reach out to us at:
MHEP@headspace.org.au



R U OK? Day: an online event delivered by headspace Schools & Communities

Join us for a FREE online workshop on R U OK? Day!

Summary

The Mental Health Education Program is delivering online workshops for students about how to look out for your friends.

Our student workshops aim to support students to:

- Notice when you might want to approach a friend,
- Plan how to ask your friend if they are OK.
- Support to connect your friend with a trustworthy adult or support service.

When

Thursday 12 September 2024

- Session 1: 9.30am AEST
- Session 2: 1pm AEST

How to register

To register your class or whole cohort, click [here](#) or scan the QR code.





World Suicide Prevention Day

An online event delivered by headspace Schools & Communities.

Join us for a FREE online workshop on
Tuesday 10 September for World
Suicide Prevention Day.

what you will learn

Our student workshop aims to support
students to:

- Understand mental health and wellbeing
- Break down stigma about mental health
- Learn ways to manage stress
- Look at ways they can support themselves

who these sessions are for

The Mental Health Education Program
is delivering the workshop Let's Talk
About It: Mental Health for your
secondary school students.

when

Tuesday 10 September

- Session 1: 9.30-10.45am (AEST)
- Session 2: 1.30-2.45pm (AEST)

where

Online via Zoom

how to register

Click [here](#) to register
via Eventbrite or
scan the QR code.



questions?

Please reach out to us at:

MHEP@headspace.org.au

headspace National Youth Mental Health
Foundation is funded by the Australian
Government Department of Health