



headspace  
Horsham

# October 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



**Andrea**  
*careers consultant*



**Charlotte**  
*snr mental health clinician*



**Alisha**  
*community engagement*



**Anna**  
*case manager*



**Trina**  
*team leader of centre ops*



**Cass**  
*community engagement*



**Ash**  
*youth peer support worker*



**Kate**  
*centre manager*



**Rob**  
*mental health counsellor*



**Louie**  
*trained therapy dog*



**Haylie**  
*client services*

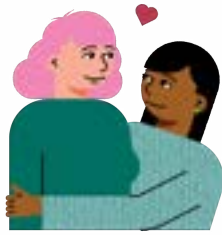


**U'Nita**  
*team leader of clinical services*

# LGBTQIA+ Dates for Sept

**WOWZA! What a busy month for LGBTQIA+ dates! To top it all off, it is also LGBTQ History Month!**

**International Lesbian Day- 8<sup>th</sup> October**



**National Coming Out Day- 11<sup>th</sup> October**



**International Pronouns Day- 15<sup>th</sup> October**

**SHE / HE / THEY /**  
**HER / HIM / THEM**

**Asexual Awareness Week- 24<sup>th</sup>-30<sup>th</sup> October**



**Intersex Awareness Day- 26<sup>th</sup> October**





# R U OK DAY

On the 11<sup>th</sup> of September, we celebrated R U OK day across the community! Our wonderful Trina visited the Horsham College with some fun little lunchtime activities and also popped into the Fed Uni for their R U OK day morning tea! We also had the Brilliant Ash and U'Nita head down to Cafe Jas with the Conversation Convoy to connect and share resources.

Don't forget that you can ask R U OK any day!



**ASK  
R U OK?**  
It can make a big difference



# Suicide Prevention Walk

Alisha, Trina and Rob represented headspace by attending the walk for suicide prevention on world suicide prevention day. The centre had a booth set up at the end of the walk to help support those that may be struggling and to just offer a safe presence during the event.

Thank you to everyone who shared some heartfelt memories and experiences, to raise awareness and destigmatise mental health support and suicide. It was amazing to see so many people show up and walk in honour of our loved ones.

If you need some support try calling:  
Lifeline: 13 11 14, or Kids Helpline: 1800 55 18000,  
or  
000 in the case of emergency



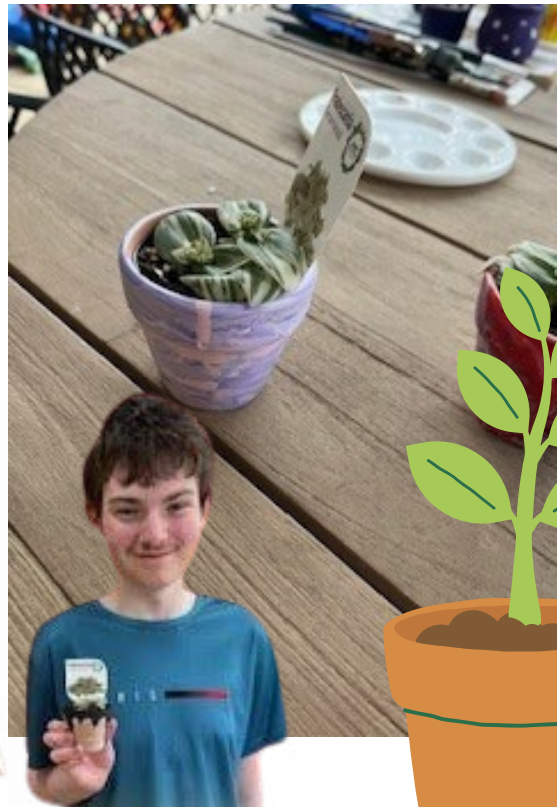
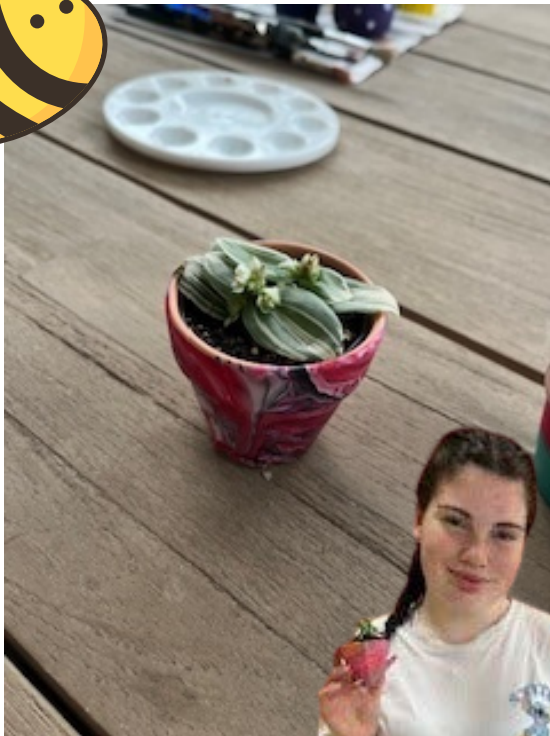


# Space4Us

**On Monday 29/9 we said farewell to our wonderful young people who took part in our Space4Us program!**

**For their last session the group all got to decorate pot plants for the next group of young people, planting a seed for someone else to watch it grow! They also competed in an epic game of spoons and werewolf, two of the group's favourite games.**

**To say goodbye, we gave the young people a little goodie bag as well as their own pot plants painted by other young people to pass on the love.**







**Space4Us playing Jenga**



**Work experience student Olivia with her mood board**



**September Recap**



**UNItas Birthday Lunch**



**Art workshop for the mental health art exhibition**



# meet the hWY crew!

Hi, I'm Hayley and I'm 24 years old

I have been in hWY for 2 years.

I joined hWY because my best friend encouraged me to apply. They said it was really fun and that we get to do projects that help young people in the community, and that's exactly what we do!

My favourite thing about hWY is that we have great support and you feel safe and seen. We do events in the community, and we help spread awareness about mental health for young people

A fun fact about me is that I love anything fashion and beauty!



# we are hiring!

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

do you want to grow your leadership and advocacy skills?

do you want to make a difference for young people in your community?

do you want to be PAID for your expertise?

## apply for headspace Wimmera Youth today!



scan here to apply





## which service is right for my young person?

We have many resources on our website

([headspace.org.au](https://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.



### eheadspace

eheadspace is a national online and phone support service for people aged 12-25, their families and friends. eheadspace 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 eheadspace is create an account at [headspace.org.au](https://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](https://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](https://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](https://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:

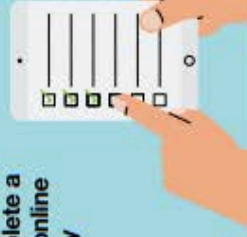
1

Fill in a registration form



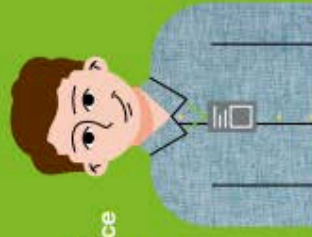
2

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](mailto:info.headspacehorsham@vt.uniting.org)

or follow us on our socials



77 Hamilton Street  
Horsham, Victoria



# Are you or someone you know between the ages of 12 and 25 ?

**Are you needing a little more support with:**

Mental health & wellbeing?

Alcohol & other drugs?

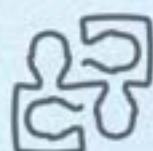
Physical & sexual health?

Work & Study?

**headspace is a FREE counselling and support service for young people**



If you are looking for  
support, follow this QR  
code



**headspace**  
Horsham





**headspace**  
Horsham

# **Expression of Interest: Project Working Group – headspace Centre renovation**

headspace is redesigning our local centre to increase access for young people, their friend and family. That's why we're forming a Working Group to help guide the process—and we'd love for you to be part of it.

## **What's the Working Group About?**

This group will guide the process of the renovation including community consultation.

You'll be involved in:

- We will be guiding and planning the different phases of the project and need to hear from the community's perspective
- Attending a few meetings (online or in person) with other group members and headspace staff

## **Who Can Join?**

You don't need any design experience—just your perspective, your ideas, and a willingness to collaborate.

We're looking for:

- 1 – 2 Young people aged 12–25
- People with lived experience of mental health or accessing support
- Community members who care about youth wellbeing or maybe you're a parent of a young person managing their mental health

## **How to Apply**

To express your interest, send us a short message (around 300 words) telling us:

- Why you'd like to be involved
- What you'd bring to the group
- Any connection you have to headspace or youth mental health

Please send your EOI to [info.headspacehorsham@vt.uniting.orgby](mailto:info.headspacehorsham@vt.uniting.orgby) by Friday 3<sup>rd</sup> October 2025.

 Questions?

If you'd like to know more, reach out to Kate 0434 604 752. We're happy to chat.



# Mental Miles

Fundraising Event – 1pm October 9<sup>th</sup> 2025

Join us at Rainbow P-12 College to celebrate the finish line of Loch's 70km run from Dimboola to Rainbow!

Enjoy an afternoon full of activities, food, and fun – with all funds supporting Headspace Horsham.



**A chance to enjoy the day, support a great cause, and break the stigma.**

## Grab & Go Van

Treat yourself to a cafe style drink made by the Grab & Go ladies.

\$2 from every beverage sold will be kindly donated to Headspace.



## BBQ

Enjoy some snags and burgers straight off the BBQ.

\$3 sausage  
\$4 burger

Soft drinks kindly sold by the SRC.



## Stalls & Activities

Bring along some spare change and buy some goods from our stalls including:

- sweet treats
- face paint
- hair colour
- raffle prizes to be won



A range of creative, sport and technology activities will be running on the day to build connections and foster positivity.



**headspace**

**1pm – 3pm**

**Rainbow P-12 College  
17 Albert St Rainbow**





MENTAL  
HEALTH  
FIRST AID  
Australia



# Teen Mental Health First Aid Training

The Teen Mental Health First Aid course helps young people learn how to support a friend or classmate who may be going through a mental health problem or crisis. It teaches you how to notice the signs that someone might be struggling, how to respond in a helpful way, and what support options are available. The course also covers common mental health issues in teens and what to do until an adult or professional can help, or until the situation improves.

## Junior Course (Year Level 7, 8, 9)

Dates: 16<sup>th</sup>, 23<sup>rd</sup>, 30<sup>th</sup> of October

Times: 4:30pm - 5:30pm

Location: The Station, 16 Pynsent St, Horsham VIC  
3400

## Senior Course (Year Level 10, 11, 12)

Dates: 15<sup>th</sup>, 22<sup>nd</sup>, 29<sup>th</sup> of October

Times: 4:30pm - 6pm

Location: The Station, 16 Pynsent St, Horsham VIC  
3400



Scan the  
QR code to  
register!

For more info, contact headspace Horsham:  
phone - (03) 5381 1543  
email - [info.headspacehorsham@vt.uniting.org](mailto:info.headspacehorsham@vt.uniting.org)

# F.R.O.G

Focused. Resilient.  
Open. Growing

Oct 13 - Dec 1 | For 12-18 year olds



## Leap into Wellbeing!

Join our fun and engaging program designed for 12 to 18-year-olds, where you'll hop into activities that boost your mental health and wellbeing. Based on headspace's 7 healthy tips, FROG helps you:

- Get into Life
- Learn Skills for Tough Times
- Create Connections
- Eat Well
- Stay Active
- Get Enough Sleep
- Cut Back on Alcohol and Other Drugs

## When?

We hop into action on Monday 13th Oct to 1st Dec (skipping the 3rd Nov) 3.30-5.00pm at Edenhope College - room A2  
It's toad-ally happening!  
Scan below to sign up!



## Have Questions?

Email: [info.headspace@vt.uniting.org](mailto:info.headspace@vt.uniting.org)

Phone: (03) 5381 1543





**mental health & wellbeing connect**  
Free for family, carers and supporters

Grampians



**headspace**  
Horsham

# Space4Us

Space4Us is an 8-week program for young people aged 12–18 who have a friend, family member, or someone close to them who's been through tough times with their mental health.



It's a space made just for you—to connect, get creative, have fun, and learn helpful ways to support yourself and the people you care about. Each week, you'll join a group of other young people who understand what it's like and are ready to share, listen, and grow together.

You'll get stuck into all kinds of fun and creative activities—think games, challenges, and hands-on projects that let you express yourself and have a laugh with others. Along the way, you'll explore what mental health really means—how to take care of it, talk about it, and how support others and yourself in a way that feels real and motivating.

## Group Details

**Date:** Weekly Sessions held on Mondays  
(Start date TBC)

**Time:** 4pm - 5:30pm

**Location:** Horsham (more details to be provided on registration)

## For more information

**Phone:** 53811543

**Email:** [info.headspacehorsham@vt.uniting.org](mailto:info.headspacehorsham@vt.uniting.org)

## Expression of Interest Form





# ACHIEVEMENT UNLOCKED

## What is it?

Achievement Unlocked is a group made for young people who are going through tough times - whether it's dealing with anger, anxiety, stress, or just feeling like you don't quite fit in.

## How does it help?

From slaying dragons in Dungeons and Dragons, to throwing bananas in Mario Kart, to starting all-out card wars in UNO No Mercy, you'll be having fun and picking up real-life tools to manage emotions, handle stress, and feel more confident navigating life's challenges.

## When/where?

**Date:** Weekly  
**Thursday Sessions**  
(start Date TBC)  
**Time:** 4pm - 5:30 pm  
**Location:**  
headspace  
Horsham  
77 Hamilton Street  
Horsham



## Interested?

Scan the QR code below to fill out the Expression of Interest Form, and our group facilitator will reach out with more info.







# OPENING NIGHT Mental Health Month Exhibition.

Come  
celebrate  
with us.

The exhibition will officially open on Tuesday 7th October at 6pm at Uniting Wimmera, 185 Baillie Street, Horsham.

Please come and join us to recognise Mental Health Month and the wonderful artwork created by local artists.

Contact us  
[tarni.eldridge@vt.uniting.org](mailto:tarni.eldridge@vt.uniting.org)

Learn more  
(03) 5362 4000

**Uniting**





SAVE  
the  
DATE

Theme of the year  
"Art Can Heal"

Thursday 6 November

4:00pm to 7:00pm

[#artcanheal](#) [#strengthandconnection](#)

Join us for HAND UP Day!

HAND UP is a mental health awareness campaign initiated by Goolum Goolum.

This event celebrates connected strength in putting our Hand Up, not only to offer support to others but seek support from others for ourselves in times of need.

[www.goolumgoolum.org.au/handup](http://www.goolumgoolum.org.au/handup)

HAND UP



GOOLUM  
GOOLUM

Meet at  
Botanical Gardens  
for Walk  
of Solidarity



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



Writing Hour



at the Nhill Library

Third Thursday of every month

1pm - 2pm

All welcome





ory  
gen

## You're invited to the Right Here, Right Now study!

Orygen and the University of Melbourne are seeking young people aged 13-25 for a new study.

This study will involve downloading an app and completing some brief surveys each day (2-3 mins per survey), over 6 days.

These surveys will ask about mental health issues, thoughts of suicide, and self-harm – as they happen.

This is so we can understand what causes these thoughts and urges, and what can help other young Australians.

You will be paid for your participation.

### INTERESTED?

Visit the link to learn more, complete a short form, and book a time for a Welcome Interview with our team.

[https://redcap.link/rhrn\\_study](https://redcap.link/rhrn_study)





**mental health &  
wellbeing connect**

Free for family, carers and supporters

**Grampians**



Help, hope and purpose

# Grampians Mental Health and Wellbeing Connect

## For Families and carers

We will provide a warm and welcoming space for family, carers, kin and supporters of all ages and backgrounds of people with mental health and/or substance use challenges. You will be able to connect with peers, access tailored information, resources, advocacy, peer support (individual and group-based), and support access to brokerage funds.

All of our staff have a lived experience of supporting someone. We are here to listen to families, carers, kin and supporters, and we offer a variety of supports based on your specific needs. We work across the Wimmera and Central Highlands regions providing support in-person and over the phone.

**Call** 1800 962 008

**Email** [GrampiansMHWConnect@mindaustralia.org.au](mailto:GrampiansMHWConnect@mindaustralia.org.au)

**Support is available for people in the Ararat, Ballarat, Golden Plains, Hepburn, Hindmarsh, Horsham, Moorabool, Northern Grampians, Pyrenees, West Wimmera, and Yarriambiack local government areas.**

In partnership with

