

Overview of workshops

Workshops are designed for small groups of 15-30 people and run for around 45 minutes. Depending on requests, workshops can be given in a lecture style for larger groups. **Please note** that **headspace** Hurstville provides education workshops that are of a general nature and have a health promotion and education focus. We deliver these workshops to promote positive mental health and well-being and encourage young people to do the same. Our Community Engagement Team are unable to provide sessions with a medical or therapeutic focus.

Topic of workshop	Target Audience and group size	Length	Overview	Learning outcomes
What is headspace	Young people years 7-12. 1-100 people	45-60 mins	This workshop is designed to provide a general overview of headspace, introduce the local headspace centre, define the differences between mental health and mental ill health, promote help seeking behaviour and information about how to help out a mate.	<ul style="list-style-type: none"> • Increased knowledge and understanding headspace and the local headspace centre • Increased understanding of the difference between mental wellness, a mental health problem and mental ill health • Tips on helping themselves and helping their mates • Increased knowledge of mental health resources and information
General Mental Health & Wellbeing and help seeking	Young people years 7-12. 1-30 people	45-60 mins	<p>The workshop is built upon the following key messages:</p> <ul style="list-style-type: none"> • Having good mental health gives you the capacity to cope with change and challenges and build resilience. • There are physical, psychological and emotional triggers that make us aware of our mental health. • Mental health issues are common and often misunderstood. 	<ul style="list-style-type: none"> • Participants are able to articulate what mental health is • Participants understand some myths around mental ill health. • Participants have developed a concept of the emotions involved with managing their mental health • Participants are aware of how they can seek help and who from.

			<ul style="list-style-type: none"> • There is much support for people with a mental health issue. • Support is powerful and can make a real difference to the life of somebody around you. 	
Knowing the risks-Alcohol & Other Drugs	Young people years 7-12 1-30 people	45-60 mins	<p>The workshop is built upon the following key messages:</p> <ul style="list-style-type: none"> • What is risk taking • What are the risks associated with alcohol & other drugs and how this might affect mental and physical health • Examples of what risk taking behaviour might look like and the dangers associated with it • Peer pressure and how to navigate it • How to reduce the risks, recognise when you might need help and where you might be able to seek it. 	<ul style="list-style-type: none"> • Increased knowledge and understanding of dangerous risk taking and common behaviours associated with it. • Increased knowledge and understanding of how alcohol & other drugs can increase risk taking behaviour • Increased understanding of peer pressure and how to navigate it. • Tips on how to reduce risks and how to recognise when you may need help.
Dealing with exam stress	Young people years 7-12 1-50 people	45-60 mins	<p>The workshop is built upon the following key messages:</p> <ul style="list-style-type: none"> • What is stress and what are common signs and symptoms of stress • Stress is normal and can be managed • Everybody experiences stress in different ways • Building an understanding of what stresses you and common ways you can reduce stress • Tips to manage exam stress • Where you can seek help when stress gets too much 	<ul style="list-style-type: none"> • To be able identify sources of stress in self • To gain an understanding of what stress is • To be able to identify signs of stress in them selves • Explore stress management techniques

<p>A healthy self</p>	<p>Young people years 7-12</p> <p>1-30 people</p>	<p>45-60 mins</p>	<p>The workshop is built upon the following key messages:</p> <ul style="list-style-type: none"> • What is self esteem • What is the difference between poor self-esteem and positive self-esteem • The impacts of poor self-esteem on mental health • How to improve your self-esteem and find your strengths 	<ul style="list-style-type: none"> • Gain an understanding of self-esteem • Develop an understanding of poor self-esteem vs healthy self-esteem • Tips to improve self-esteem • Develop an understanding of how to access help for mental health issues
<p>Bullying</p> <p>(must be done in conjunction with the Healthy Relationships workshop)</p>	<p>Young people years 7-12</p> <p>1-30 people</p>	<p>60 mins</p>	<p>The workshop is built upon the following key messages:</p> <ul style="list-style-type: none"> • What is bullying • Types of bullying • Impact bullying • What can you do/your school do about bullying 	<ul style="list-style-type: none"> • Gain an understanding of what bullying is • Gain an understanding of the types of bullying • Gain an understanding the impact of bullying • Develop new skills to effectively navigate bullying • Gain an understanding of headspace:- what we do and how to go about seeking help
<p>Healthy Relationships</p> <p>(must be done in conjunction with the Bullying workshop)</p>	<p>Young people years 7-12</p> <p>1-30 people</p>	<p>45-60 mins</p>	<p>The workshop is built upon the following key messages:</p> <ul style="list-style-type: none"> • What does a good relationship need • Influences on relationships • Signs of troubled relationships • Tips for building healthy relationships • What you can do about difficult relationships 	<ul style="list-style-type: none"> • Gain an understanding what good relationships need • Gain an understanding of how families influence relationships • Gain an understanding that maintaining friendships can be tough • Develop skills to be able to identify signs of troubled relationships • Learn more about how to build healthy relationships • Learn some strategies to be able to navigate difficult relationships.

				<ul style="list-style-type: none">• Gain an understanding of headspace:- what we do and how to go about seeking help
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