

Meet the new Clinicians!

Ruby

Ruby studied a Bachelor of Social Work at Western Sydney University. The thing she enjoys most about her role is supporting young people and having meaningful, interesting conversations with them. Outside of work, Ruby loves to unwind by reading or spending time in nature. A fun fact about Ruby is that she has travelled to over 10 different countries!



Emily

Emily studied a Bachelor of Social Work and enjoys being able to give young people a safe space where they can feel heard and access support. Her go to self-care activity is going to the gym and in her spare time she loves to bake sweet treats.

Early Psychosis

Stress Bucket – When It Gets Too Full

Think of stress like a bucket. Every day, things like school, work, family stuff, social pressure, lack of sleep, or worries about the future pour water into your bucket.

For some young people - especially those experiencing early psychosis, the bucket can fill up faster. When it overflows, you might notice:

- Your thoughts feel louder or more confusing
- You feel overwhelmed, anxious, or on edge
- Sleep gets worse
- Things feel harder to manage than usual

The goal isn't to stop stress completely, it's to stop the bucket from overflowing.

Ways to empty your bucket:

- Getting enough sleep
- Talking to someone you trust
- Taking breaks from social media
- Moving your body (even a short walk helps)
- Reaching out for support early

At headspace Penrith, the hEP team can help you figure out what fills your stress bucket and what helps empty it. You don't need to wait until it spills over.

Need support? Contact the MATT team at headspace Penrith at 1800 437 242



Teacher Feature



Club & Activity Corner



Walk & Sip

A relaxed weekly walk and chat for young people (16–25), with a free coffee and clinician support.



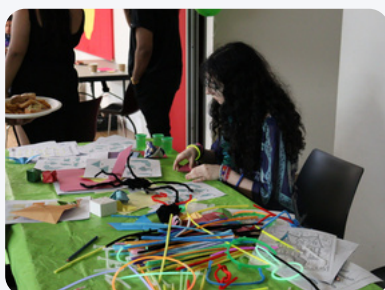
NeuroSpace

A welcoming group for neurodiverse high schoolers to connect, play, and be themselves—no diagnosis required.



Dungeons & Dragons

A monthly D&D campaign at Katoomba Library, supporting social skills, creativity, and positive connections with local police.



Art Space

A therapeutic art group introducing young people to creative expression and therapeutic practice in a low-pressure way.

Monthly Highlight

Survival Day: Community, Culture, and Connection

headspace Katoomba was honoured to support Survival Day, led by the Aboriginal Culture Resource Centre (ACRC) and the local First Nations community. The day featured a moving Welcome to Country, smoking ceremony, cultural dance, and strong community turnout, celebrating resilience, culture, and connection.

Young people said Walk & Sip gives them a reason to get out, connect, and enjoy relaxed conversations — the coffee is just a bonus.

Get Involved!

The Youth Reference Group (YRG) brings young people together to share their voices, guide headspace activities, and ensure services reflect the real needs and experiences of local youth.

Interested in joining our Youth Reference Group? Contact Jo at jmcclellandphillips@uniting.org or 0432 833 348

1800 478 626



headspace.org.au/headspace-centres/katoomba/



[@headspacekatoomba](https://www.instagram.com/headspacekatoomba)

Vocational Specialist



NAME : Katie



GOOD NEWS STORIES!

- 1 young person started a job in hospitality!
- 1 x young person started a job in construction!
- 1 x young person started a job as a forklift operator!
- 3 x young people reached their 4-week employment milestone!

Vocational Specialist



NAME : Caity

WHATS ON NEXT MONTH?

headspace
work & study

headspace
Penrith

WORK AND STUDY GROUP

If you are 12 - 25 years and looking for some help to get your dream job, come join us.

3RD WEDNESDAY OF EACH MONTH

APPLYING

We can help you write a resume and cover letter aimed at your dream industry. We can set you up with profiles on the right sites.

INTERVIEWS

We can help you prepare for an interview. We can help you practice your answers and guide you on what to say.

JOB HUNTING

We can help you work out what job might suit you best. We can help you plan your career. We can also connect you with the right employers.

STUDY

We can help you find a qualification or short course that can help you get jobs. We can help you enrol and prepare for study.

YOUR RIGHTS

We can help you work out if you're being paid properly. We can help you sort out issues at work including shifts and entitlements.

SERVICES

We can help you sort out Centrelink issues and connect you with services that can help with finances, clothing needs and more.

WED 18TH FEBRUARY

3:30 - 5:30PM

HEADSPACE PENRITH
606 high street, penrith

NEED MORE INFO?
speak to Admin, your VS or Clinician

REGISTER TO ATTEND HERE!

ACHIEVEMENTS!

- 3 YP gained employment
- 3 YP received in-work support
- 3 YP were supported with Benefits counselling
- 6 YP supported with TAFE enrolment
- 1 YP reached their 13-week Milestone in their new job
- 3 YP reached 4-week Milestone in their new job
- 4 YP achieved their goals and exited the program
- 1 YP achieved their RSA & booked their RCG
- 10 YP received support with resume, cover letter and job application process
- 1 YP had an interview for Forklift role
- 1 YP received support with University

LOCAL JOB VACANCIES!

- Cert IV IT Traineeship - Blue Mountains
- Retail Assistant - Sydney Tools & RSEA
- Meter Reader - Penrith
- Receptionist - Penrith Specialist Dental Centre
- Display Support - Cadbury Penrith & Blue Mountains
- Retail Assistant - Bevilles Jewellery

Interested? Ask the Vocational Specialists!

WELCOME TO 2026!

The Work & Study Team hope you all had a lovely Christmas & New Year Celebrations!

Holidays are a great time to rest after a busy working year, reflect on the last years success and plan for 2026 success!

If your new year goal is a new career or planning career progression into your dream job, come talk to us!

2026 - 02

february

get support

ehespace is available during the holiday closures.
Mental health online support
Create a free account, join group chats, or talk to a
qualified professional online or by phone on [1800 650 890](tel:1800650890) | <https://headspace.org.au>



Gay & Lesbian Mardi Gras

13–28 Feb – Sydney Gay & Lesbian Mardi
Gras Festival (NSW)
15 Feb – Mardi Gras Fair Day
28 Feb – Mardi Gras Parade

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Hangout Hub Returns in 2026

Hangout Hub will return to Springwood in 2026, running on Monday afternoons starting 23 February and running every non-public holiday in TERM 1. Join us at 3:00 pm to 4:30 pm.

The start date and additional details will be shared soon. Contact Jo at jmcclllandphillips@uniting.org or 0432 833 348 or follow us on Facebook and Instagram for updates. @headspacekatoomba



caring for a young person through tough times teaches you a lot. now your insight can help other families.

if you're a parent, carer, family member or a friend of a young person who has experiences mental health challenges, **YOUR VOICE MATTERS**. headspace Western Sydney is inviting families and carers to join our Family & Friends Committee - a space where lived experience helps shape better, more compassionate service delivery for young people and those who support them.



What you'll be part of

- Meet every 2 months online for 2 hours
- Share your lived experience to shape headspace services and programs
- Work alongside mental health professionals to improve care and outcomes
- Contribute to developing campaigns and initiatives that support young people and their families
- Receive training and support in areas such as mental health literacy, advocacy, and safe storytelling
- Be part of a supportive community dedicated to empowering youth and their families

How can you get involved?

Scan this QR code to find out more and apply.



We strongly encourage a diverse range of people to apply, and are looking for passion for youth mental health over anything else!



working as a headspace GP

headspace GPs play an important role in supporting the mental, physical and sexual health of young people aged 12–25.

headspace National Youth Mental Health Foundation helps thousands of young people every year to access vital support through our headspace centres in over 150 communities across Australia¹. Each headspace centre is a youth friendly place where young people can access low cost or free help, for a range of health and wellbeing problems including mental health, physical health (including sexual health), alcohol and other drug services, and work and study support.

Designated headspace centres across Australia also offer early psychosis services for young people experiencing, or a high risk of developing, psychosis.

Having GPs onsite at headspace centres provides a safe, low-stigma entry point for young people who may be reluctant to seek help for mental health concerns. GPs work with young people around mental health, sexual health, drugs and alcohol, preventative healthcare and other physical health problems and are part of a multidisciplinary team of experienced youth healthcare experts.

¹As at May 2022 and inclusive of licensed headspace centres, satellites and outposts

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

Working at a headspace centre gives GPs an opportunity to:

Make a real difference in young people's lives by

- Working as part of an innovative team.
- Provide holistic care across a wide range of physical, mental and sexual health issues.
- Be part of a supportive and multidisciplinary team.
- Develop confidence and specialist skills working with young people, and
- Receive free accredited online training courses.

Other benefits include:

- Focus on evidence based practice – from assessment to appropriate prescribing.
- Potential access to a range of supports including supervision and professional development.
- Modern fully computerised facilities with full reception and admin support.
- Access to mentoring, a GP Community of Practice and secondary consultation sessions with psychiatrists, and
- Flexible and part time positions are available.

Discover the benefits of working as a headspace GP at headspace.org.au/gps or contact GPProgram@headspace.org.au



2026 WELLBEING, INCLUSION & MENTAL HEALTH CALENDAR

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 = FIRST NATIONS |  = LGBTQIA+ |  = MENTAL HEALTH
 = COMMUNITY / INCLUSION |  = END VIOLENCE & SAFETY

KEY AWARENESS DATES & OBSERVANCES – 2026

JAN

♥ 26 Jan – Survival Day / Invasion Day

FEB

 13–28 Feb – Sydney Gay & Lesbian Mardi Gras Festival (NSW)

 15 Feb – Mardi Gras Fair Day

 28 Feb – Mardi Gras Parade

 10 Feb – Safer Internet Day

 20 Feb – World Day of Social Justice

 20 Feb – Mental Health Nurses' Day

MAR

 16–22 Mar – Harmony Week

 16–20 Mar – Neurodiversity Celebration Week

 20 Mar – International Day of Happiness

♥ 20 Mar – Close the Gap Day

 30 Mar – World Bipolar Day

 31 Mar – Trans Day of Visibility

♀ 8 Mar – International Women's Day

APR

 7 Apr – World Health Day

  23 Apr – Infant, Child & Adolescent Mental Health Day

 28 Apr – World Day for Safety & Health at Work

MAY

 May (all month) – Domestic & Family Violence Prevention Month (Australia)

 17 May – IDAHOBIT

 18–24 May – National Volunteer Week

 24 May – World

Schizophrenia Awareness Day

♥ 26 May – National Sorry Day

♥  27 May – 3 Jun – National Reconciliation Week

JUN

 June (all month) – Pride Month

♥ 3 Jun – Mabo Day

 5 Jun – World Environment Day

  8–14 Jun – Infant Mental Health Awareness Week

♂ 8–14 Jun – Men's Health Week (Australia)

 10 Jun – First Responders Day

 20 Jun – World Refugee Day

JUL

♥ 5–12 Jul – NAIDOC Week

  13–17 Jul – Birth Trauma Awareness Week

 14 Jul – Non-Binary Awareness Day

 30 Jul – International Day of Friendship

AUG

 3–9 Aug – Loneliness Awareness Week (Australia)

 3–9 Aug – Homelessness Week (Australia)

♥ 9 Aug – International Day of the World's Indigenous Peoples

 12 Aug – International Youth Day

 17–21 Aug – Bullying No Way Week

 29 Aug – Wear It Purple Day

SEP

♥ 4 Sep – Indigenous Literacy Day

 7–13 Sep – Body Image & Eating Disorders Awareness Week

 10 Sep – World Suicide Prevention Day

 11 Sep – R U OK? Day

OCT

 October (all month) – Mental Health Month (Australia)

 October (all month) – National Safe Work Month

 1–7 Oct – BPD Awareness Week

 2 Oct – International Day of Non-Violence

 10 Oct – World Mental Health Day

 10 Oct – World Homeless Day

 12–18 Oct – National Carer's Week

 12–18 Oct – OCD Awareness Week

NOV

♂ 19 Nov – International Men's Day

 20 Nov – Trans Day of Remembrance

  23–29 Nov – Perinatal Mental Health Week

 25 Nov – Elimination of Violence Against Women

 25 Nov – 10 Dec – 16 Days of Activism Against Gender-Based Violence

DEC

 3 Dec – International Day of People with Disability

 10 Dec – Human Rights Day

come for a
walk
we'll shout you a
FREE
coffee

ages 16-25

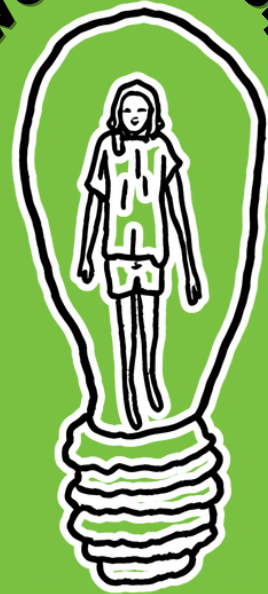
11 am Fridays

@ Cassiopeia

79 Lurline Street Katoomba



Walk and sip



*Severe weather plan, stay inside Cassiopeia with beverage

**Free Hot/Iced coffee, tea, choccy of your choice.

**Register via
Email Now!!!**

headspacekatoomba@uniting.org
or
hello@kndhub.com

Location:
Neurodiversity Hub Katoomba
Lower Ground Floor, 33-35 Waratah Street,
Katoomba, 2780



or Scan here

**A Hangout Hub for Neurodiverse
Young People**

Katoomba head
Neuro-Space
Diversity Hub Katoomba

**Returns 5th
February 2026!**

**FREE -
NO NDIS NEEDED**

**Alternate
Thursdays
@ 3:30 - 5:30**

**12-18
year olds**



For more information, call headspace Katoomba 1800 478 626 or the Katoomba Neurodiversity Hub 47822132

**headspace
Katoomba and
Springwood Police
present...**



Dungeons and Dragons At the library

When: 26th February 2026

(rolling monthly, for 5 sessions)

Where: Katoomba Library

Time: 4 to 5.30

Ages: 12 to 25



RSVP ESSENTIAL:

headspacekatoomba@uniting.org



**headspace
Katoomba**



**B L U E
M O U N T A I N S
L I B R A R Y**

**Starting 10th
February**

Art Unfiltered

A therapeutic art group

Who: 12 -16 & 16-25

Where: headspace Katoomba

**When: Every Tuesday
3:45pm-5:15pm**

**Free To attend and no
experince needed**

**Drop in or Register in advance
headspace@uniting.org
1800 478 626**





headspace
Katoomba



BLUE
MOUNTAINS
LIBRARY

present...

Hangout Hub



When: Every Monday

Where: Springwood Library

Time: 3 pm to 4:30 pm

Ages: 12 to 18

For more information, call 1800 478 626, text 0432 833 348, or email
headspacekatoomba@uniting.org