

## FAQ:

### How much does all of this cost?

All headspace Knox & Lilydale community engagement activities are **free**.

### What can the Community Engagement team offer?

We work alongside schools, services and communities to support young people aged 12–25 through early, practical and youth-friendly mental health support.

Our team shows up where young people are: schools, sporting clubs, community spaces and events to:

- build connection
- reduce stigma around mental health
- support early help-seeking behaviours

### What is a headspace promotional table or stall?

A stall with youth-friendly resources, games, headspace merch, where you can have relaxed, friendly conversations with headspace staff.

### What are tailored community events?

We know every community is different. If you have an idea for how headspace could support youth mental health in your setting i.e an event, activity, group or space we'd love to hear from you. As long as the focus stays on youth mental health, wellbeing and early support, we're open to exploring ideas together.

### Can young people access headspace after a workshop/event?

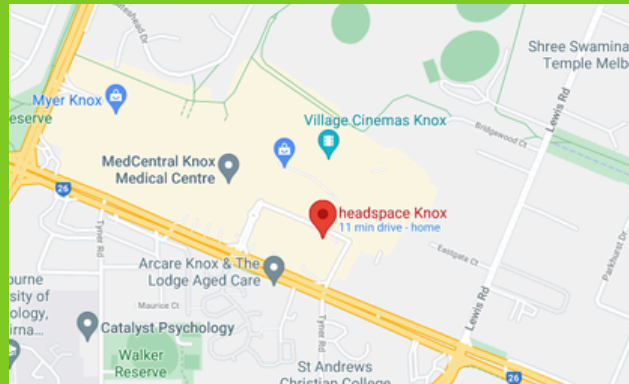
All community engagement activities, workshops & events aim to help young people learn about headspace services and how to access support if needed.

## contact

[community@headspaceknox.com.au](mailto:community@headspaceknox.com.au)  
for any questions or call 9801 6088

### headspace Knox

Westfield Knox Ozone  
2 Capital City Boulevard  
Wantirna South  
P 03 9801 6088



### headspace Lilydale

216 Main Street,  
Lilydale VIC 3140  
P 03 9735 7900



## community engagement

**Supporting young people across Knox, Maroondah and the Yarra Ranges.**



## Our interactive workshops include...

### For young people 12-25

- **Your High School Toolkit**

Grade 6 → Year 7 transition support (45–60 mins)

- **Looking After Your headspace**

Mental health & wellbeing basics (30–60 mins)

- **Balancing Pressure**

Work, study & life stress (45–60 mins)

- **Mental Health – A Little More In-Depth**

For groups ready to go deeper (90 mins)

- **Strong Minds, Strong Mates**

Mental health in sport (45–60 mins)

- **International Student Wellbeing**

Culturally responsive wellbeing support and service pathways (60–90 mins) \*language options

### Workshops for Adults & Services

- **Practical Support for the Young People You Work With**

Pathways into headspace, when to refer, what happens next (15–45 mins)

- **Supporting Local Young People**

Community & service club presentation (30–45 mins)

### how to book a free workshop:

fill out booking sheet on our website or contact

[jasmine.scampton@headspaceknox.com.au](mailto:jasmine.scampton@headspaceknox.com.au)

\*Our workshop capacity is 3 in one day, if you would like more contact headspace national Mental Health Education Program



Booking form

## what does community engagement look like?



**headspace stalls & outreach**



**Youth friendly activities at schools and events**



**Community events and festivals (including facilitating sensory spaces)**



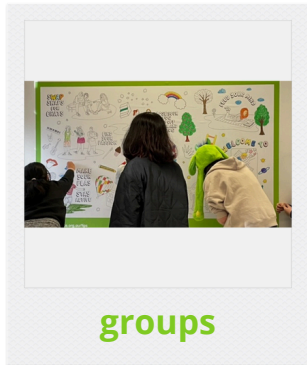
**Resource packs from our centres**



**Tailored Events**



**check out our website, facebook & Instagram for up to date info.**



**groups**



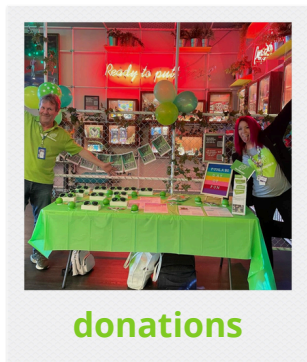
**Youth Action Force (YAF)**



**headspace stall**



**workshops**



**donations**



**YAF Projects**