



headspace

National Youth Mental Health Foundation

headspace Maitland Community Awareness March - April Newsletter



Hi and welcome to **headspace** Maitland's first Newsletter! We'd like to take this awesome opportunity to let you know what we have on at headspace in the next few months.

With April fast approaching there are a myriad of events to celebrate our amazing young people during Youth Week. **headspace** Maitland is excited to announce that we will be hosting a Silent Disco with Playground Sounds that will be kicking off at 5pm Friday April 15th.

As well as our every day services, we have monthly social groups and volunteering opportunities available to young people who are passionate

about advocating for mental health and wellbeing. Keep reading to find out more!

Overall a big month ahead for the young people in our community and we're looking forward to seeing you out and about!

Introduction by Caytlin Weir

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our mailing list
email:**

laura.hanlon@samaritans.org.au

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Youth Week at headspace Maitland

On April 15th **headspace** Maitland will host an evening of music, dancing and art along with a free BBQ! Starting at 5pm **Playground Sounds**, the silent disco experts, will be joining us for a night of silent discos, live performances, as well as an array of fun activities run by our Youth Reference group.

We've also got the guys from Mai-Wel putting on an art show and workshops and a donation from our local butcher Lorn Butchery for our BBQ, thanks guys! (Go support them at 48 Belmore Road, Lorn)

In the lead up to and during Youth Week we are dedicating our Facebook page to promoting the young people in our community. Sometimes young people get a bad wrap in the media

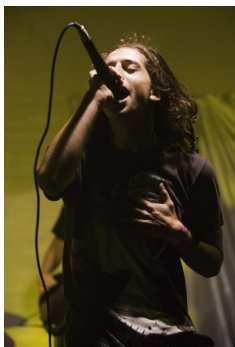
and we want to show that there is so much more positive stuff going on in young people's lives! Send in photos and a short blurb of you and your mates out and about - going to school, at the beach, playing footy, whatever is a typical day for you in your community. Tag headspace Maitland in your pic or email through to laura.hanlon@samaritans.org.au*

*By emailing or tagging images you give permission for headspace Maitland to publish on their Facebook page.



Friday April 15 from 5-7pm
@ headspace Maitland 73
Elgin Street
For enquiries: (02) 4931 1000

Sun Street Festival



It's on again! **Sun Street Festival** will be rocking Maitland's socks off on April 8th from 4-10pm at Sun Street Studios!

There will be three stages with bands and DJ's, market stalls with local art makers and loads of fun activities to get involved in! Local street artist Tunz will be running graffiti workshops, Bliss Cavenagh will be showcasing her sensory sculptures, the Youth Express bus will be handing out popcorn and there will be a FREE BBQ!

8 April 4-10pm Sun
Street Studios High
Street Maitland All
Ages



8 APRIL 2016 // 4-10PM // ALL AGES WELCOME
SUN STREET STUDIOS, HIGH ST MAITLAND
THREE STAGES // LIVE LOCAL MUSIC // DANCE COMPETITION
YOUTH NIGHT MARKETS // PERFORMERS + GAMES
STREET ART WORKSHOPS + ABORIGINAL ART
DRUG AND ALCOHOL FREE EVENT // LOADS OF WORKSHOPS
FACEBOOK.COM/SUNSTREETFESTIVAL2016



Parents and Carers Group

Are you the Parent or Carer of a young person between the age of 12 - 25 years who is affected by Mental Health? Come along to **headspace** Maitland's monthly social support group for a cuppa and a chat! It can be helpful to meet other Parents and Carers going through a similar situation to your own. The Parents & Carers

group is for you to share stories and strategies and to have a voice in regards to the services available at **headspace** Maitland. The group is free to attend and morning tea is provided. If you would like to join in registrations are essential - please email or call Laura at **headspace** Maitland to book a place.

What's On at
headspace
Maitland?



All 4 One Collective

Last Thursday of the month 4pm-5pm

all 4 one collective



Social group for same sex attracted and gender diverse young people

headspace Maitland launched All 4 One Collective on Thursday 28th January. All 4 One is a social support group for same sex attracted, intersex, transgender and gender diverse young people and young people who are questioning their sexual or gender identity. We also welcome friends and allies of the LGBTIQ community to attend.

All 4 One Collective aims to address a growing need for safe, supportive environments for young people to meet like minded peers and positive role models. The group also aims to provide an environment that young people feel safe to ask questions in, seek resources and an understanding of some more complex parts of growing.

All 4 One was recently featured in an article by The Maitland Mercury on March 6 which spoke about the lack of support in remote and rural areas for young LGBTIQ people.

If would like to join give us a call on (02) 4931 1000.

Youth Reference Group

headspace Maitland provides young people with the opportunity to be heard and be active around youth mental health and alcohol and other drug issues. We have an incredible bunch of young people who volunteer their time to attend events, speak at schools and have their say on what happens at their local **headspace** centre. At the moment we have a high number of young women volunteering (which is great!) but we would love the young men in our community to have a voice as well - so come on blokes jump on our website or Facebook page to find out how you can get involved!



Services at headspace Maitland

headspace is designed to make it easy as possible for a young person and their family to get the help they need to support their wellbeing. This covers four core areas: mental health, physical health, work and study support and alcohol and other drug services. Here at headspace Maitland we have a range of services to help you or your young person get the help they need.

Counsellors | Mon - Fri

Our friendly practitioners can provide counselling for young people experiencing difficulties. Both male and female practitioners are available Monday to Friday

Family Counsellors | Mon - Fri

Family counsellors provide support and assist parents and young people to successfully resolve challenging issues and to strengthen family relationships.

Intake Workers | Mon - Fri

Our experienced Intake Workers are here to talk with you about anything that's on your mind. They can give you information on how to get a Mental Health Care Plan and link you in with other services at headspace Maitland and the wider community.

Sexual Health Clinic | once a month

The clinic offers screening for STIs, BBVs and rapid HIV testing. Alternating between a male and female nurse, it runs every 4 weeks (like our Facebook page to find out when the next clinic is). No appointment is necessary .

Ungooroo | Mon & Fri

Greg provides support for Aboriginal and Torres Strait Islander young people in regard to accommodation and case work support. He is on site Mondays and Fridays.

ARAFMI | every 2nd Tues

ARAFMI provides support and counselling for parents and carers whose friends or family are affected by a mental health problem.

GP and Nurse | Wed & Fri

Dr Jo is our female GP and is available from 11:30am on Wednesdays.

Dr Rob, our male GP and Sarah, our nurse is available Thursdays from 9am.

Samaritan's Youth Accommodation Support

Samaritan's Youth Accommodation Support provides those experiencing homelessness with the right information and support to find a pathway out. SYAS is on site every Wednesday morning until 12pm.

Drug and Alcohol Counselling

Wesley Mission provides support to young people struggling with drugs and alcohol as well as facilitating the SMART (Self Management and Recovery Training) recovery group on Wednesdays.

Centrelink | Wed

Representatives from Centrelink are on site on Wednesdays to help you navigate Centrelink forms and support.

Community Engagement Officer

Laura is the Community Awareness and Engagement Officer. She is available to attend your school or community organisation to present on headspace services and Mental Health and Wellbeing.

How to make an appointment

Referral forms are on our website:

www.headspace.org.au/maitland

P: 02) 4931 1000

E:headspacemaitland@samaritans.org.au