



HEADSPACE MOUNT GAMBIER

MONTHLY NEWSLETTER - SEPTEMBER/OCTOBER 2017



Community Liaison Worker Mikarla at the Mt Gambier R U OK convey

Asking someone R U OK? sounds simple, right? If you're worried their response will be, 'I'm not okay' it can be really scary. R U OK? is a charity dedicated to educating people about how to ask this simple question. You have what it takes! At the back of the newsletter, have a read in more detail about the 4 steps to asking someone, R U OK?

Thursday 14 September 2017 is national R U OK day. In Mount Gambier, the day will be recognised with a community Awareness March. The march starts at 11:30am from Fidlers old carpark and ends at the Cave Gardens, including a BBQ and displays from service providers. We hope to see you there!



1. Ask



2. Listen



3. Encourage
action



4. Check in

YOUTH HQ

The headspace YRG volunteers have teamed up with local design company Hello Friday to start work on a one-stop web page and smartphone application for youth in the Limestone Coast.

The idea was born out of discussions about young people's community engagement and knowledge of local health services. The YRG and the Council's Youth Advisory group decided youth in the area could benefit from an online hot-spot targeted specifically for young people with coming events, services, news, social media and interactive features.

YRG members Liam, Zari and Kyra were accompanied by Mikarla from headspace for a meeting with Hello Friday's Ben Hood on Monday where discussion commenced for logo ideas.

We invite all young people living in the South East to contribute photography, artwork, poetry and more to this exciting online collaborative project. Email youthhqse@gmail.com to contribute.



YRG members Liam, Zari and Kyra with Ben Hood, Hello Friday

DR LEOPOLD'S LIFE LESSONS

Even Dr Leopold encourages physical activity now and then. He shares that he feels better purrrr-sitioned to deal with what ever life throws him.

Exercise makes you feel good because it releases chemicals like endorphins and serotonin that improve your mood. It can also get you out in the world, help to reduce any feelings of loneliness and isolation, and put you in touch with other people.

If you exercise regularly , it can reduce your stress and symptoms of mental health conditions like depression and anxiety, and help with recovery from mental health issues.

Exercise also helps improves your sleep, which is important in many different ways.





FREE WOMEN'S HEALTH CHECKS

WEDNESDAY 6 SEPTEMBER 2017

2PM - 5PM

FOR 12-25 YEAR OLDS

AT HEADSPACE MOUNT GAMBIER

CHAT TO EMMA ABOUT ALL THINGS TO DO WITH WOMEN'S HEALTH INCLUDING CONTRACEPTION, SEXUALITY, SEXUAL HEALTH, STI CHECKS, PERIODS, PAP SMEARS AND MORE.

CALL HEADSPACE 8725 0443 TO MAKE AN APPOINTMENT.



Government of South Australia
SA Health



WOMEN'S
HEALTH WEEK
4 - 8 September 2017



headspace
Mount Gambier

WHAT'S ON - OCTOBER



Free events for 12-17 year olds

**HOLIDAY
HIGH**

Start school holidays on a high creating delicious treats with Jess from headspace and Ashlie from mind. Guaranteed to give you energy and zest for the rest of the holidays!

**TUES 3
2.00PM-
4.00PM**

**SHINE
BRIGHT**

How can we stand tall and shine our own light brightly? Join Mikarla and Imogen from headspace to find out more and have a fun and adventurous day out in Beachport.

**WED 11
9.15AM-
4.00PM**

**FACE
YOUR
FEARS**

Face your fears with Kym, Ash and Dr Leopold. They bring the fun to scary situations! If you're wondering what that means, be brave and come along to find out.

**FRI 13
2.30PM-
4.30PM**

INFO

Keep up to date with what's on at headspace by liking 'headspace Mount Gambier' on Facebook.

All activities held at headspace, 171 Commercial Street East unless notified otherwise.

Young people under 16 require parental/guardian consent to participate.

All activities are free of cost. You do not need to be a client of headspace to participate. Further activity details will be provided at registration.



Event partners:



WHAT'S ON - OCTOBER



Free events for 18-25 year olds

MY
KITCHEN
CREATION

An ultimate cook off where you work in teams to plan, purchase and prepare your own kitchen creation! Bring your sense of fun, energy and creativity for this activity.

GOLD
CLASS

The ultimate laid back luxury headspace experience. Take some time for you, sit back and relax, watch a movie, and have food and drinks delivered throughout.

NERDBALL

Trivia with a twist. Come along and be placed in a team where you'll work to out-nerd and out-ball the other teams. Includes prizes and free food. Dress as a nerd for an extra prize!

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FRI 6
2.00PM-
4.00PM

THURS 5
4.30PM-
7.30PM

WED 4
12.30PM-
5.30PM



Event partners:

To register: call headspace on 8725 0443 or email headspacemountgambier@unitingcommunities.org. Places limited.



MENTAL HEALTH WEEK

Free events 8-14 October 2017

**NATIONAL
headspace
DAY**

Watch the town turn green on this National day of awareness about youth mental health. Keep your eyes peeled for green around town to symbolise that every young person should have access to mental health services. Wear your headspace wristband to show your support. Pick one up for free from headspace.

ALL AGES

**MON 9
ALL
DAY**

**WORLD
MENTAL
HEALTH
DAY**

headspace comes alive for the night! The centre will be open to the public, with each room showcasing different activities and games. The night will feature an art exhibition, 'Scribbles and Reflections of a Madman' by Kyra Sykes as well as live music by Courtney Holmes and free food.

ALL AGES

**TUES 10
4.30PM-
7.30PM**

**LGBTIQ+
SOCIAL
GROUP**

headspace Mt Gambier is an inclusive and safe place for you people. Do you identify as gender or sexually diverse? Or maybe you're questioning? If so, come hang out with other young people, and have fun participating in a Mental Health Week wellbeing activity.

12-25 YEAR OLDS

**THURS 12
5.30PM-
7.30PM**

**YOUTH
WORKER
AT THE
LIBRARY**

Every Friday afternoon from 4-5pm you'll find Youth Worker Imogen hanging out at the Mount Gambier Library. During Mental Health Week, we've planned a positive mental health and wellbeing activity for you to enjoy. Or feel free to just come and hang out! You'll find us in the youth zone.

12-25 YEAR OLDS

**FRI 13
4.00PM-
5.00PM**

Wear it Purple Day!

Uniting Communities

Aboriginal Community Connect

Rubys TYS

Standby - Support After Suicide

headspace Mt Gambier

Regional Assessment Service

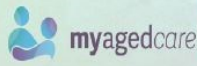
Invite you to an Afternoon Tea

Friday 25th August 2017

3.00pm – 5.00pm

At 11 Wehl Street South,
Mt Gambier SA 5290

Please bring a plate to celebrate



Join us for a game of laser tag followed by some snacks

Wednesday 20th September 4.00pm – 6.00pm
Burrungule Park Laser Tag

Free event for young people aged 12-25 who either have/had cancer or have a parent or sibling with cancer or that has passed away from cancer.

Please wear comfortable exercise clothes, bring water & a hat.
Meeting Point – Burrungule Park, Burrungule Rd, Mt Gambier



canteen.org.au

ATTENTION YOUTH



DO YOU FEEL LIKE THIS CAT ON A FRIDAY AFTERNOON?
THEN COME ALONG AND CHILL OUT, MAKE FRIENDS AND DO SOME COOL ACTIVITIES

WHERE: MOUNT GAMBIER LIBRARY YOUTH ZONE

WHEN: EVERY FRIDAY, 4-5PM

WITH: IMOGEN, THE RESIDENT HEADSPACE YOUTH WORKER



Congolese Cultural Night
Mount Gambier City Hall
5pm, Saturday, September 9

Tickets: \$10 per person

Enjoy a night of **traditional music and food** with our local Congolese community to help raise money for the donation of Swahili books to the Mount Gambier Library

Performances by *Mount Gambier North School* Congolese dancers and drummers
Congolese women's choir
and the screening of the movie

Constance on the Edge (80 minutes)

One family. Two wars. Three countries. What does it take to forge a new life far from home?

Filmed over 10 years, *Constance on the Edge* is an unflinchingly honest portrayal of one refugee family's resettlement story in Australia. It gets to the heart of a contemporary untold story about the courage and resilience it takes to build new lives. The film also highlights the important role communities play in encouraging a sense of belonging and enabling participation for everyone

Tickets are available from Collins Booksellers

Everyone who purchases a ticket is eligible for 10% discount on any book bought from Collins Booksellers, 32 Commercial Street West, Mount Gambier



HOW TO ASK, R U OK?

GET READY TO ASK

Before you can look out for others, you need to look out for yourself. And that's ok. If you're not in the right headspace or you don't think you're the right person to have the conversation, try to think of someone else in their support network who could talk to them.

1. ASK R U OK?

Be relaxed, friendly and concerned in your approach.

Help them open up by asking questions like "How are you going?" or "What's been happening?"

Mention specific things that have made you concerned for them, like "You seem less chatty than usual. How are you going?"

PUSH BACK

If they don't want to talk, don't criticise them.

Tell them you're still concerned about changes in their behaviour and you care about them.

Avoid a confrontation.

You could say: "Please call me if you ever want to chat" or "Is there someone else you'd rather talk to?"

2. LISTEN WITHOUT JUDGEMENT

Take what they say seriously and don't interrupt or rush the conversation.

Don't judge their experiences or reactions but acknowledge that things seem tough for them.

If they need time to think, sit patiently with the silence.

Encourage them to explain: "How are you feeling about that?" or "How long have you felt that way?"

Show that you've listened by repeating back what you've heard (in your own words) and ask if you have understood them properly.

3. ENCOURAGE ACTION

Ask: "What have you done in the past to manage similar situations?"

Ask: "How would you like me to support you?"

Ask: "What's something you can do for yourself right now? Something that's enjoyable or relaxing?"

You could say: "When I was going through a difficult time, I tried this... You might find it useful too."

If they've been feeling really down for more than 2 weeks, encourage them to see a health professional. You could say, "It might be useful to link in with someone who can support you. I'm happy to assist you to find the right person to talk to."

Be positive about the role of professionals in getting through tough times.

4. CHECK IN

Pop a reminder in your diary to call them in a couple of weeks. If they're really struggling, follow up with them sooner.

You could say: "I've been thinking of you and wanted to know how you've been going since we last chatted."

Ask if they've found a better way to manage the situation. If they haven't done anything, don't judge them. They might just need someone to listen to them for the moment.

Stay in touch and be there for them. Genuine care and concern can make a real difference.

