

headspace News

A Regional Newsletter

AUGUST 2026 • ISSUE 15

NAIDOC Week

From July 5 to July 12, the community celebrated NAIDOC Week. National NAIDOC Week celebrated the history, culture, and achievements of Aboriginal and Torres Strait Islander peoples, focusing on the theme "50 Years of Deadly". This year was filled with community events focused on connecting with people. A highlight was Stacy Wilson winning "Female Worker of the Year" for her outstanding work within our cultural program at headspace.

Activities for the community included a basketball event, music, football, and further connection with young people and the greater Murray Bridge community.

Thank you to everyone who attended and helped plan the week. Well done to Stacy for her award and continued passion for supporting young people and their families.



Stacy receiving "Female Worker of the Year" award!



Our staff attended the 2026 headspace Forum in Brisbane in June

headspace Forum

In June, our staff at headspace Murray Bridge and satellite site Victor Harbor travelled to Brisbane for the headspace Forum. The theme was "Growing Together," a space where staff were able to connect with other headspace workers from across Australia to develop skills, share ideas, and collaborate.

headspace CEO Jason Trethowan opened the conference with a speech encouraging connection and compassion. The forum featured speakers from around the globe, including bestselling author and neuroscientist T.J. Power.

Throughout the conference, young Australian musical acts showcased their talent and gave us mental health workers a rocking few days!

Group Time Changes

Our Chill Space and Arts & Crafts groups have new program times. You can join these groups on alternate Thursdays during the school term. Chill Space runs from 3:30 pm to 5:30 pm, and the Arts & Crafts group runs from 4:00 pm to 6:00 pm.

Chill Space is a wonderful way to enjoy headspace in a relaxed environment, meet new people, play games, have snacks, and watch movies together!

The **Arts & Crafts** group lets you work on an art piece at your own pace, try something new, or learn a new art project.

Both groups are free for young people aged 12 to 25 and are run by professional headspace workers.

To learn more, call us at 8531 2122 or visit us in person at 10 Second Street, Murray Bridge.



Call our office to ask any group questions

Meet Our headspace Staff

Name: Teagan

Favourite Book: Throne of Glass

Fun Fact: Enjoys video games



Teagan from headspace

Teagan works in our Administration & Office Support team at headspace. Let's get to know her! With a smiling face, she is ready at our front desk to welcome young people and families.

When she is not working, she enjoys reading fantasy books, gardening, going to the gym, and spending time with her family. Her favourite part of the job is being the first person young people see when they arrive.

Teagan's advice for young people is to not be afraid to reach out. Taking the first step can feel scary, but everyone here is ready to listen without judgement and support you. You don't have to go through things on your own.

To learn more about our service, give us a call on 8531 2122. You might catch Teagan!

Tradie Sausage Sizzle BBQ with the Work & Study Team

On Thursday, October 22, our Work and Study team, in partnership with Daish Irrigation and Fodder, is hosting a Tradie Day Sausage Sizzle BBQ for community members to enjoy a sausage and chat with our vocational workers.

You can chat all things work and study with Shane and Vivienne from headspace Murray Bridge while enjoying a sausage for lunch. Join them from 11:00 am until 2:00 pm on the day, located at Daish Irrigation at 151 Adelaide Rd, Murray Bridge.

Our Work & Study team offers support for 14-25 year-olds who need help finding work or are looking for study options.

To learn more about the BBQ or to connect with our vocational team, call our office on 8531 2122.



Grab a snag on October 22 at 11am-2pm at Daish Irrigation in Murray Bridge

Spotlight: Sexual Health Packs



To get a pack, please ask at reception for a "headspace Bag"

In our headspace office, we provide free sexual health packs, which include useful information about consent, STIs, sexual health products, and merchandise.

To access these packs, please ask our friendly staff at reception for a "headspace Bag," and they will discreetly give you one.

Sexual Health Week is coming up soon on September 7-13. The theme is "It's your Right" for accessing sexual health services, supports, and information. Our sexual health rights shape how we build relationships, make choices about our bodies, improve wellbeing, and access information.

To learn more about our headspace packs, please reach us on 8531 2122 or visit us in person.

Youth Reference Group

YRG is for 16 - 25 year olds who are passionate about their community, youth mental health and would like to volunteer.

Please visit us or give us a call on 8531 2122 to learn more or to sign up



Yarn Space

headspace cultural program invites all First Nations young people 12-25 to join us at Yarn Space on Fridays from 11:30am-1pm

Activities include: Aboriginal art, bead making, cooking and social wellbeing

Call 8531 2122 or email us on headspace@ireach.org.au to register



Chill Space

Come along to Chill Space after school on alternate Thursdays 3:30pm - 5:30pm

During the school term

Where: 10 Second Street, Murray Bridge

Call 8531 2122 to book a spot



Arts and Crafts

Come along to arts and crafts after school on alternate Thursdays 4:00pm - 6:00pm

During the school term

Where: 10 Second Street, Murray Bridge

Call 8531 2122 to book a spot



GP at headspace

Dr. Myrtle is an experienced GP available at headspace one day a week. Contact us on 8531 2122 to learn more.

A valid Medicare card is essential for GP service and is for young people aged between 12 and 25, and is bulk billed.



Gym Group

Join headspace workers Wednesdays at 10:30am and 3:30pm at Snap Fitness for free gym sessions during the school term

Located at Snap Fitness: 3/15 Swanport Road, Murray Bridge

Call 8531 2122 to book a spot



All groups are for 12 - 25 year olds. Except for Family and Friends Group.