



# headspace Queanbeyan Starbursts sign-up package

# what is headspace?

headspace is a free mental health service for anyone aged between 12 and 25. We help young people who are going through a tough time, or those who would just like to work on improving their health and well-being.

## what is this group about?

headspace Queanbeyan's Starbursts group is designed to provide young people from the ages of 12 to 25 a safe space to explore their identity with others in the LGBTQIA+ community.

With the direction of the group coordinators, members will be given the opportunity to socialise with and celebrate the LGBTQIA+ young people in the Queanbeyan area by participating in a range of engaging group activities, such as:

- Team building
- Arts and crafts
- Video & board games
- Facilitated discussions chosen by the group
- ... And more!

Starbursts group members are also given the chance to advise headspace Queanbeyan on how to best provide support and address the issues of the LGBTQIA+ community directly from the group members' own experiences.

Members will also be given the opportunity to put forward ideas and initiatives for the LGBTQIA+ community that headspace Queanbeyan will support in putting out into the local community, such as:

- Creating LGBTQIA+ programs or events that are relevant to our community
- Advising headspace Queanbeyan on how to best confront LGBTQIA+ related issues for our clients
- ...And more!



## when do we start?

The group will begin in March once the school term is in full swing, and sessions will occur fortnightly. Specific dates and times will be given exclusively to group members.

Group meetings will take place in the headspace Queanbeyan centre on 2/98 Monaro Street Queanbeyan, which is next to the Westpac bank building (unless otherwise specified).

## how do i sign up?

If you would like to sign up for Starbursts at headspace Queanbeyan, please fill out the requested information below. Please allow us a minimum of a week to get back to you.

If you have any questions or would like some help in filling out this form, contact our Community Engagement Coordinator, Trinity, at [hs.queanbeyan@marathonhealth.com.au](mailto:hs.queanbeyan@marathonhealth.com.au), or 0427 679 964.

# LGBTQIA+ group sign-up form

## personal details

Full Name	
Preferred Name	
Age	
Gender/Pronouns	
Date of Birth	
Phone	
Email	
Address	
Do you have any accessibility requirements?	
Do you have any allergies or other medical conditions we should know about?	

Would you like to provide any further information regarding your gender identity or sexual orientation?

Do you identify as Aboriginal, Torres Strait Islander, or Culturally and Linguistically Diverse?

# emergency contacts

You will need to have **at least one** emergency contact before signing up to this group. Two emergency contacts are preferable but not required.



## emergency contact one

Name

Phone

Relationship

Do they know  
that you will be  
attending this  
group?

Other Info.

## emergency contact two

Name

Phone

Relationship

Do they know  
that you will be  
attending this  
group?

Other Info.

# about you

**How did you hear about this group?**

**What interests you about this group, and what do you want to get out of attending this group?**

**Do you have any concerns about working within a group? If so, what are they?**

**Do you have any mental health or wellbeing challenges that you would like us to be aware of? If we are aware, it will help us support you better during your attendance at the group.**

**Is there anything else which would be good for us to know about you before attending the group?**

# consent questions

It is important to realise that people have different perceptions of wellbeing. A person's state of wellbeing can impact on their ability to participate in a group like this one.

In joining this group, you give the group coordinators permission to approach you to discuss your wellbeing should they be concerned. Sometimes this may mean that we have to ask you to take a break or speak to others, including your emergency contact. This is likely to be a rare event, but it is important that everyone understands this.

The group coordinators are mandatory reporters and are obligated to make a report if they feel you are in a situation where you are in danger, or you are a danger to yourself or others.

You, as a group member, have a responsibility to the Starbursts group to take breaks from the group when you feel it would be in the best interests of all involved to do so. You also have the responsibility to talk to one of the group coordinators if you are feeling anxious or uncomfortable. This is to ensure a safe space for all.

## Starbursts Group Member

I, \_\_\_\_\_, have read and understood the above group agreement, and have completed and understood the above questions. I give my consent to attend this group.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

**If under 16 years of age, we also require a parent or guardian's signature**

Name: \_\_\_\_\_ Relationship: \_\_\_\_\_

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

