



headspace

National Youth Mental Health Foundation

Meet headspace

Liesl Homes

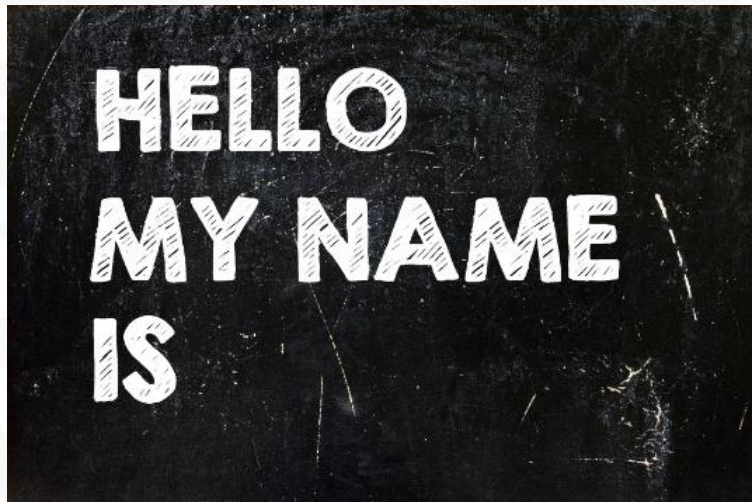
Community Engagement Officer

headspace Bondi Junction



Housekeeping

- Acknowledgement of Country
- Expectations
- Introduction





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What is headspace?

headspace centres

Northern Territory

Alice Springs
Darwin
Katherine¹

Western Australia

Albany
Armadale
Broome
Bunbury
Geraldton
Kalgoorlie
Mandurah¹
Pilbara Region¹
Rockingham

Perth
Fremantle
Joondalup
Midland
Osborne Park

South Australia

Berri
Mount Gambier
Murray Bridge
Port Augusta
Whyalla¹

Adelaide
Adelaide
Edinburgh North
Onkaparinga
Port Adelaide

Queensland

Bundaberg
Caboolture
Cairns
Capalaba
Gladstone
Hervey Bay
Ipswich
Mackay
Maroochydore

Meadowbrook
Mount Isa
Redcliffe
Rockhampton
Southport
Toowoomba
Townsville
Warwick
Gympie¹

Brisbane
Inala
Nundah
Taringa
Woolloongabba

New South Wales

Bathurst
Bega¹
Broken Hill
Coffs Harbour
Dubbo
Gosford
Goulburn
Grafton¹
Griffith
Lake Haven
Lismore
Maitland
New England¹
Newcastle
Nowra
Orange
Port Macquarie
Queanbeyan
Tamworth
Tweed Heads
Wagga Wagga
Wollongong

Sydney
Ashfield
Bankstown
Bondi Junction
Brookvale
Campbelltown
Camperdown
Castle Hill
Chatswood
Hurstville
Liverpool
Miranda
Mount Drutt
Parramatta
Penrith

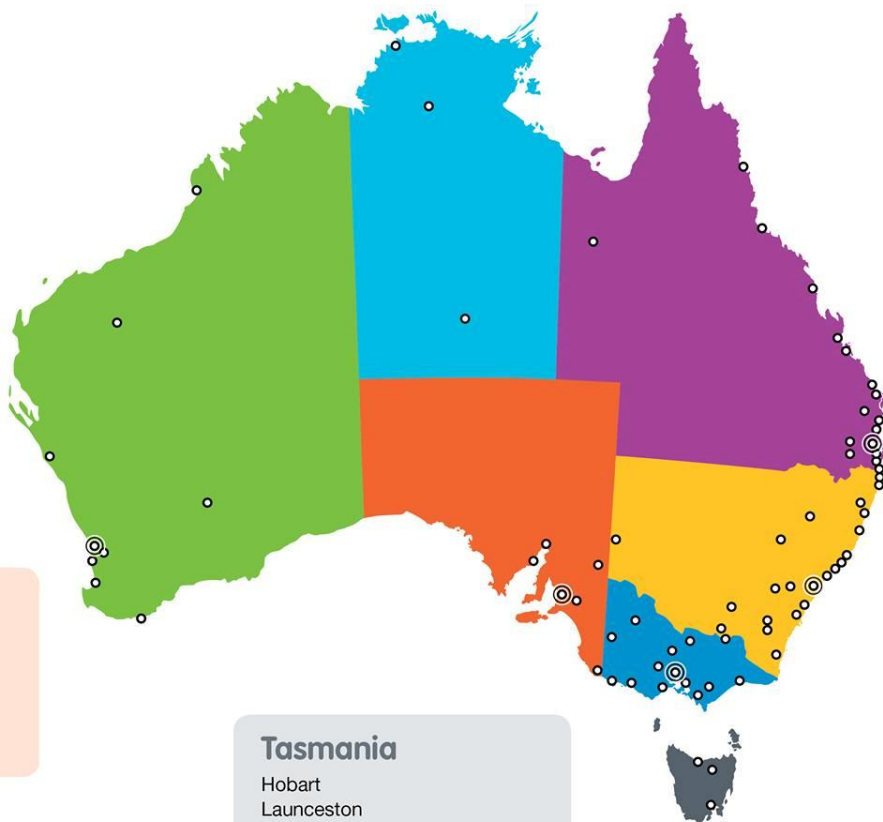
ACT

Canberra

Victoria

Albury Wodonga
Bairnsdale
Ballarat
Bass Coast & South Gippsland¹
Bendigo
Frankston
Geelong
Horsham
Melton¹
Mildura
Morwell
Portland¹
Shepparton
Swan Hill
Warrnambool

Melbourne
Bentleigh²
Collingwood
Craigieburn
Dandenong
Elsternwick
Glenroy
Greensborough
Hawthorn
Knox
Narre Warren
Sunshine
Werribee



Tasmania

Hobart
Launceston
Devonport

Notes:

¹ Opening 2017-2019

² hYEPP site for headspace Elsternwick

headspace Devonport is a centre outpost from headspace Launceston

headspace Lake Haven is a centre outpost from headspace Gosford

headspace Elsternwick/Bentleigh are funded as one centre across two sites

Accurate as of September 2017

headspace National Youth Mental Health Foundation is funded by the Australian Government Department of Health

headspace Bondi Junction



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What to expect at a centre?

Centres provide service across four core streams:

- Physical & Sexual health
- Mental health
- Alcohol and other drug services
- Vocational and educational support

Youth friendly location and centre

- Entry point for young people, aged 12-25 years
- Focus on early intervention and early help seeking
- No geographical catchment areas
- Fee structure – **free**, low cost or fee for service
- Co-location and integration of support services

Other eServices: eheadspace, New Access, Digital Work and Study Service, Digital Industry Mentoring Service





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What do you know about mental health?

Mental Health



Are you ok?

Disordered thoughts,
foggy mind, trouble
concentrating

**Cognitive
(Thinking)**

Negative school
performance,
relationships,
resilience

Your
headspace

**Emotional
(Feelings)**

Mood
problems &
strong
emotions



**Behavioural
(Acting)**

**Physical
(Body)**

Sleeping &
eating patterns

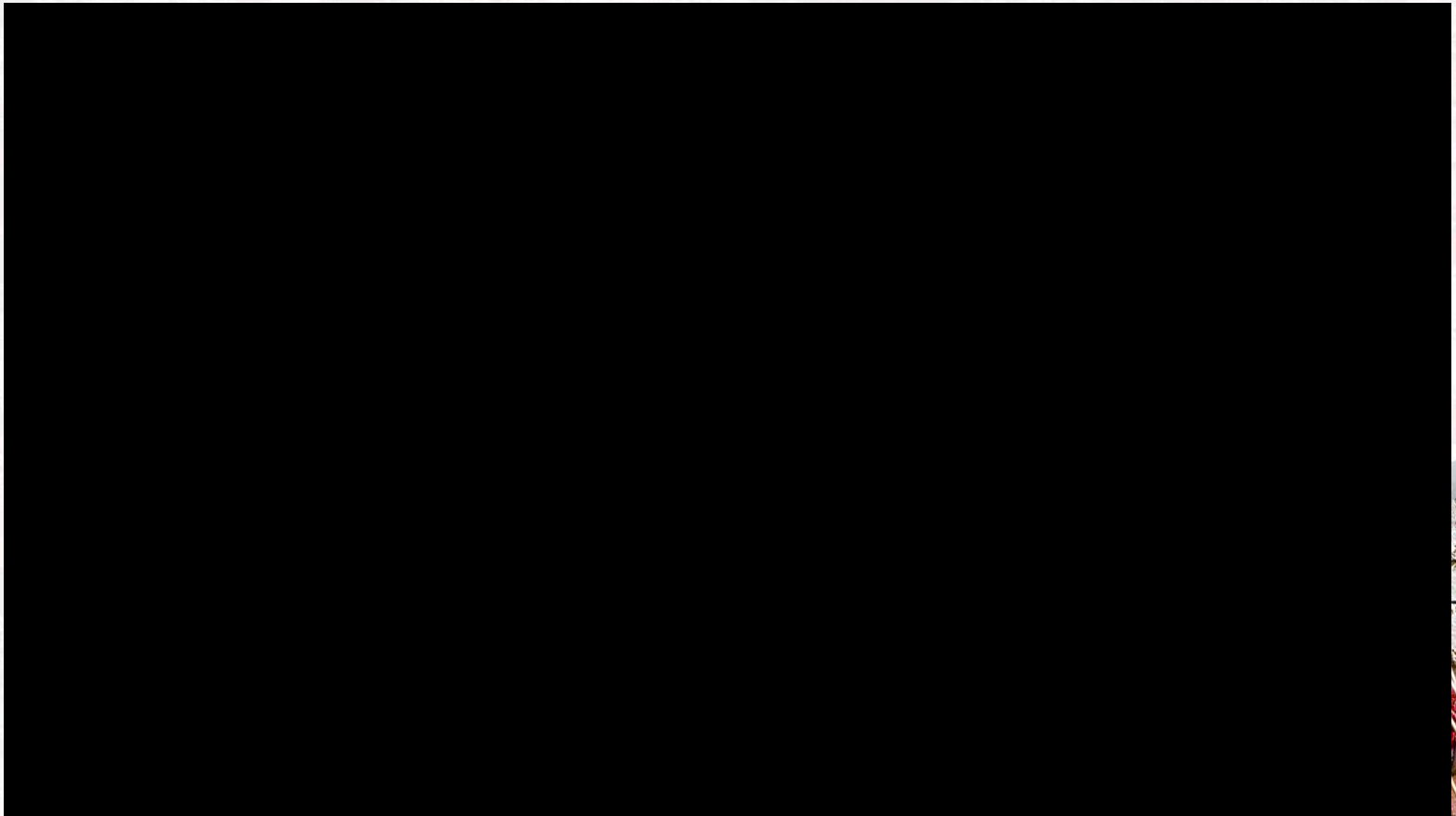


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Reading the signs

Depression & Anxiety video
[https://www.youtube.com/watch?
v=GjK6yfpxaew](https://www.youtube.com/watch?v=GjK6yfpxaew)



Symptoms of depression

You may be experiencing depression if, for more than two weeks, you've felt sad, depressed or irritable most of the time, or you've lost interest or pleasure in your usual activities. Other symptoms may include:



Loss of interest in food or eating too much, leading to weight loss or gain



Having trouble sleeping (getting to sleep and/or staying asleep), or oversleeping and staying in bed most of the day



Feeling tired most of the time, or lacking energy and motivation



Difficulty concentrating and making decisions



Feeling worthless or guilty a lot of the time



Feeling everything has become 'too hard'

What are the symptoms of anxiety?

Physical feelings of anxiety include an increased heart rate, faster breathing, muscle tension, sweating, shaking and 'butterflies in the stomach'. People with anxiety disorders experience these physical symptoms a lot more often. They might also experience:



- Persistent worrying and excessive fears
- Being unable to relax
- Avoiding challenging situations
- Being socially isolated or withdrawn
- Trouble concentrating and paying attention
- Poor sleep
- Problems with work, social or family life.

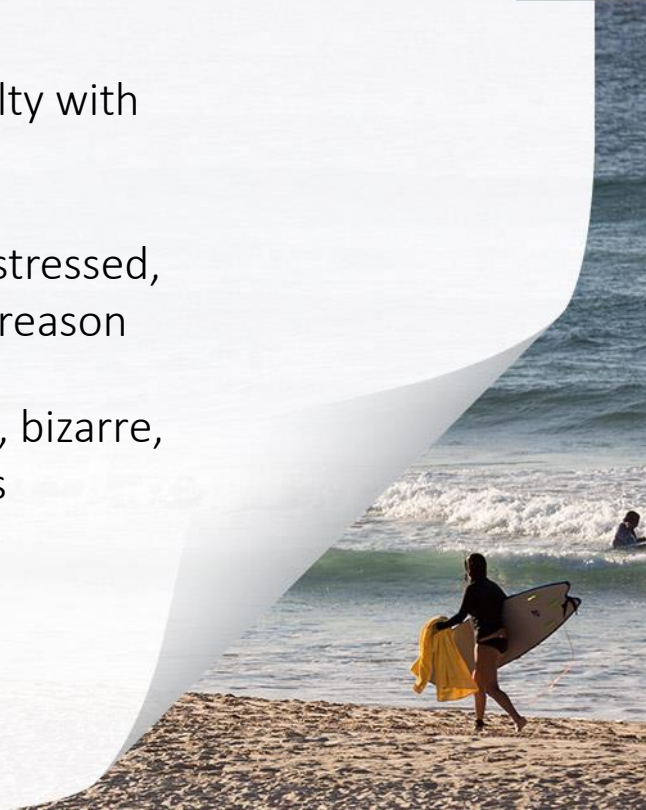


For Parents: Young People and Mental Health

Warning Signs

These are new, noticeable and persistent changes in the young person, lasting at least a few weeks.

- Not enjoying/wanting to be involved in things they normally enjoy
- Change in appetite/sleeping pattern
- Easily irritated/angry for no reason
- Performance at school is not as good as it should be or once was
- Involving themselves in risky behaviours eg taking drugs or drinking alcohol
- Experiencing difficulty with concentration
- Seeming unusually stressed, worried, sad for no reason
- Expressing negative, bizarre, distressing thoughts



How to help the child you are worried about

Keep communication open

Be available

Spend time with them

**Encourage activities that promote
mental health**

Let your child know that you love them



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**How do you look after your
headspace?**

Tips for a healthy headspace

Get informed

Exercise

Sleep well

Be self reflective

Seek help

Eat well

Build strategies

Positive self talk

Set goals

Stay connected

Your headspace

If you are not ok...

1

Educate yourself with reliable sources

2

Take charge of your headspace – get help early

3

Get professional advice

4

Keep trying to get your true help 'fit'

5

Stay engaged -
you are not alone

If your friend is not ok...

1

Talk to them - let them know they are not alone

2

Listen!

3

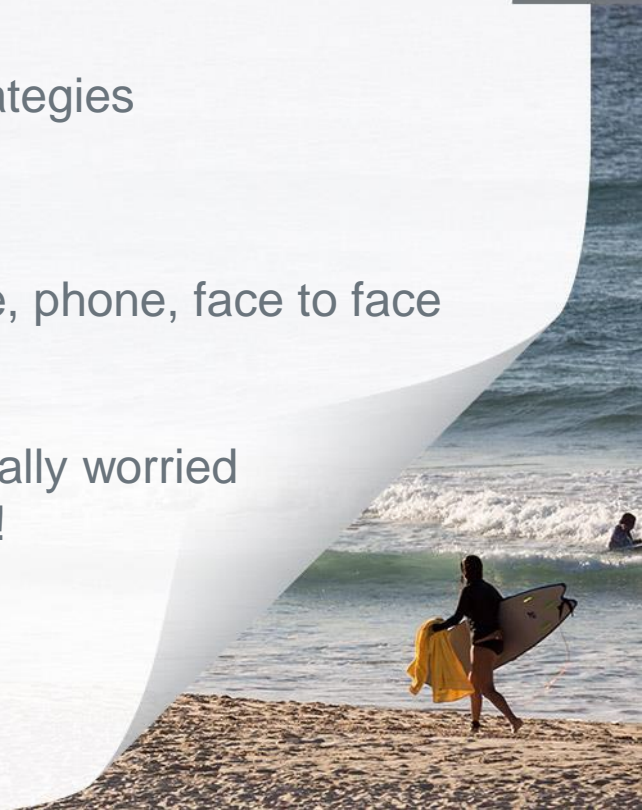
Encourage positive coping strategies

4

Extra support - online, phone, face to face

5

If you are really worried
Ask for help!



eheadspace

<https://www.eheadspace.org.au/>



eheadspace

I need help for me

- If you're 12 – 25 you can contact eheadspace if you need support or are worried about your mental health
- eheadspace can deal with a broad range of issues:
 - Bullying, drug and alcohol issues, depression and anxiety, relationships, fitting in and isolation

I need help for someone I'm worried about

- If you're a parent or carer who is concerned about the mental health of a young person 12 – 25 you can contact eheadspace for specialist support and advice

I need help with work or study issues

- If you're 12 – 25 and have issues or questions specifically relating to work or study study eheadspace specialists can help you get back on track with your study, career and job

Getting Help & Staying Healthy

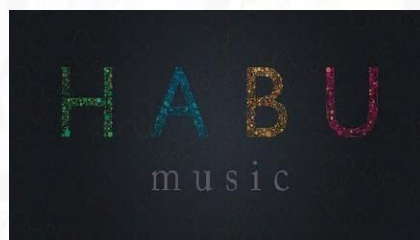


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someone else to talk to
headspace.org.au



**SMILING MIND
MEDITATION
MADE EASY.**



Thank you!



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Please feel free to contact me for more information & support.

Contact details:

headspace Bondi Junction:

20 Bronte Rd, Bondi Junction

headspacebondijunction@health.nsw.gov.au

(02) 9366 8800

Or eheadspace.org.au