



Welcome

Hello and welcome to the headspace Mildura newsletter! We would like to acknowledge and pay our respects to the traditional custodians of the land where we live and work across the Murray Mallee region. We pay our respects to elders past, present, and emerging and we celebrate their continuing culture and acknowledge the memories of their ancestors. headspace Mildura is located at 2/125 Pine Avenue, you can contact us on 5021 2400 or visit our website <https://headspace.org.au/headspace-centres/mildura/>



Who we are

headspace Mildura is a one stop shop for young people aged 12-25. headspace offers mental health, physical health and sexual health services, work and study support, and alcohol and other drug counselling. Our services are free or low cost.

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Special occasions in 2023

Follow us on social media to stay up to dates with any events we are doing to celebrate these days!

March 31st– Trans Day of Visibility

26th of April– Lesbian Day of Visibility

17th of May– IDAHOBIT (International Day Against Homophobia, Biphobia, Interphobia and Transphobia)

24th of May– Pansexual Day of Visibility

26th of May– National Sorry Day

27th of May– 3rd of June– Reconciliation Week

28th of May– LGBTQIA+ Domestic Violence Awareness Day

June– Pride Month

2nd– 8th of July– NAIDOC week

14th of July– Non-binary day

25th of August– Wear it Purple day

14th of September– RU OK day

23rd of September– Bisexual day

8th of October– Lesbian day

10th of October– headspace day

18th of October– Pronouns day

23rd–29th of October– Asexual awareness week

26th of October– Intersex awareness day

13th–19th of November– Trans awareness week

20th of November– Trans Day of Remembrance





headspace chats

headspace offers young people, family and friends a way to connect and hear from others who might have shared or similar experiences through their online chats. There are regular peer led chats covering topics such as navigating relationships, yarnspace and general coping. There are also clinician led chats on specific topics. The upcoming sessions are:

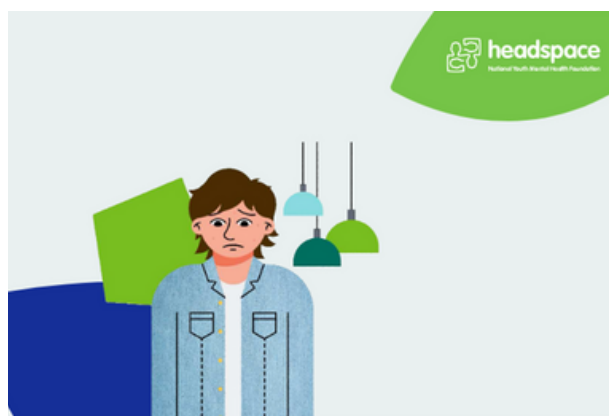
January 29th- Self-harm urges and alternatives.

February 5th- Staying safe online.

February 7th- Finding a sense of meaning and purpose

February 12th- Young parents connecting with friends.

February 16th- Supporting gender exploration.



self-harm urges & alternatives

Self-harm behaviours and urges are often unspoken of... young people are often unsure how to talk about them, how to ask for help and feel very alone in their struggle.

There are many different reasons that someone may experience urges to self-harm, however commonly it is a sign of emotional distress, and that support is needed. Thankfully, there are many positive strategies people can use when experiencing self-harm urges.

Join the eheadspace team and headspace youth National Reference Group to talk about where the urge to self-harm can originate and explore different ways to manage these urges.

**Sunday 29 January 2023
7-8pm AEDT**

To register:

Visit <https://headspace.org.au/grospchats> to set up an account or join anonymously as a guest.

You can also submit a question beforehand by going to the chat link and logging in.

The transcript will also be available to read afterwards if you're not able to join live.

Connect: <https://headspace.org.au/grospchats>

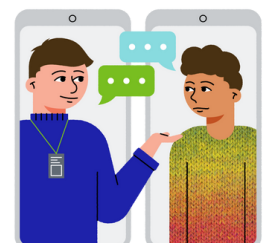
headspace National Youth Mental Health Foundation is funded by the Australian Government Department of Health

how to join

Joining these chats is easy, all you need to do is visit:

<https://headspace.org.au/online-and-phone-support/join-the-community/>

We share information about our upcoming chats and links to them on our social media.





How to start the conversation about mental health

Conversations between young people and family can feel challenging, particularly when you or your young person are worried or uncomfortable talking about sensitive topics like mental health. There is no single way to have these conversations. Different approaches work better for different people. Family and friends can feel unsure about how or when to start these conversations, and where they might go for help. No one gets these conversations perfectly right, making the effort to learn more is a great start.

How can family and friends help?

Family and friends play a vital role in identifying and supporting a young person who is experiencing the impacts of mental ill-health. Notice, enquire and let your young person know that you care about them no matter what they are going through. This is important and helps encourage young people to seek support early to manage the impacts of mental ill-health. Evidence has shown that having supportive loved ones involved in mental health care improves and creates longer lasting, positive outcomes for young people.

Managing yourself

When starting a conversation about mental health it is important to first reflect on how you are feeling. If you are worried or upset, this could come across to your young person. Young people are often hyperaware of how family and friends might respond to their experiences and can worry about burdening those around them. People feel and respond differently when having conversations about mental health. Some will want to avoid the conversation while others may go into 'fix it' mode; some will not understand how or why others may be experiencing these thoughts or feelings. To be supportive, it is important to stay calm, listen and validate your young person's experiences so they feel safe and supported.

Starting the conversation

There is no perfect way to start a conversation about mental health with a young person. Sometimes it can be helpful to begin with general and open questions such as:

- How is [e.g. school/sport] going?
- How are you getting on with [e.g. your friends/your siblings]?

When focusing on more specific thoughts and feelings, 'I' statements are important such as:

- I've noticed that you seem to have a lot on your mind lately. I'm happy to talk or listen and see if I can help.
- I feel like you [haven't been yourself lately/have been up and down] - how are things?

How you talk with your young person will depend on their age and understanding. The language you use should feel natural. If your young person opens up about their mental health, reassure them early on that you're glad and relieved that they're talking to you.

To read the full article visit headspace.org.au and search the articles title. There are a range of other helpful articles on the headspace website.



Groups at headspace

We offer a range of groups at headspace Mildura and we are always open for new participants!

Youthspace

Youthspace is a group for 15-25 young people who are passionate about the mental health of the community. These Youth ambassadors have a say in how we do things at headspace and are actively involved in the planning and running of events.

Family and Friends Reference Group

The FFRG is a group for people aged over 25 who provide valuable feedback and guidance on our services at headspace. They also play an active role in the planning and running of community events.

Healthy Headspace

healthy headspace is a 3-week program where we teach young people some strategies to look after their mental health. This group is available to be facilitated at schools and from our centre, subject to interest.

Alphabet Soup

Alphabet Soup is a social group for young people aged between 12-25 who identify as part of the LGBTQIA+ community. The group meets fortnightly and is a place where young people can be themselves and be supported by others who may have similar experiences to them.

DRUMBEAT

DRUMBEAT is a group therapy program that incorporates drumming to express and understand emotions and relationships. This group is subject to interest and staff availability.

Tuning into Teens

TinT is a 6-week program that aims to teach emotionally intelligent parenting and offer strategies around improving communicating communication between parents and their young person.



For more information or to register for these groups you can visit our website or give us a call!