Meet headspace

Liesl Homes
Community Engagement Officer

headspace Bondi Junction
Housekeeping

- Acknowledgement of Country
- Expectations
- Introduction

HELLO
MY NAME IS

Aboriginal Flag
What is headspace?
headspace Bondi Junction
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
What do you know about mental health?
Mental Health

Mental Wellness

Mental Health Problem

Mental Illness
Are you ok?

- **Cognitive (Thinking)**: Disordered thoughts, foggy mind, trouble concentrating
- **Behavioural (Acting)**: Negative school performance, relationships, resilience
- **Emotional (Feelings)**: Mood problems & strong emotions
- **Physical (Body)**: Sleeping & eating patterns

- Negative school performance, relationships, resilience
- Disordered thoughts, foggy mind, trouble concentrating
- Mood problems & strong emotions
- Sleeping & eating patterns
Reading the signs
Depression & Anxiety video
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.
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
How do you look after your headspace?
Tips for a healthy headspace

- Sleep well
- Positive self talk
- Be self reflective
- Set goals
- Seek help
- Stay connected
- Get informed
- Eat well
- Exercise
- Build strategies
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 eheadspace specialists can help you get back on track with your study, career and job
Getting Help & Staying Healthy

- eheadspace
  someone else to talk to
  headspace.org.au

- Kids Helpline
  1800 55 1800

- SMILING MIND
  MEDITATION MADE EASY.

- REACH OUT.COM

- Lifeline
  13 11 14

- buddhify

- HABU music
Thank you!

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

Contact details:
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20 Bronte Rd, Bondi Junction
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(02) 9366 8800

Or eheadspace.org.au