

1 in 5 Australian young people
experience mental illness in any year

Less than 50% of these young people seek help for it

Anxiety disorder

Unlike everyday stress, **anxiety disorder** is a medical **disorder** defined by:

- Excessive feelings of worry
- Persistent thoughts about certain fears or general fear
- They don't go away
- Hard to cope with every-day life

On average, one in four people will experience anxiety at some stage in their life.



Depression is one of the most common mental health problems facing young Australians.

By the age of 18



1 in 5

people will have experienced depression

Depression

Feelings of sadness, tearfulness, emptiness or hopelessness that negatively impacts your everyday life:

- Work, study and relationships
- Stops you from enjoying things you used to.

For a period of 2 weeks or longer





headspace Sunshine

Level 1, Visy Cares Hub, 80B Harvester Rd, Sunshine
9927 6222



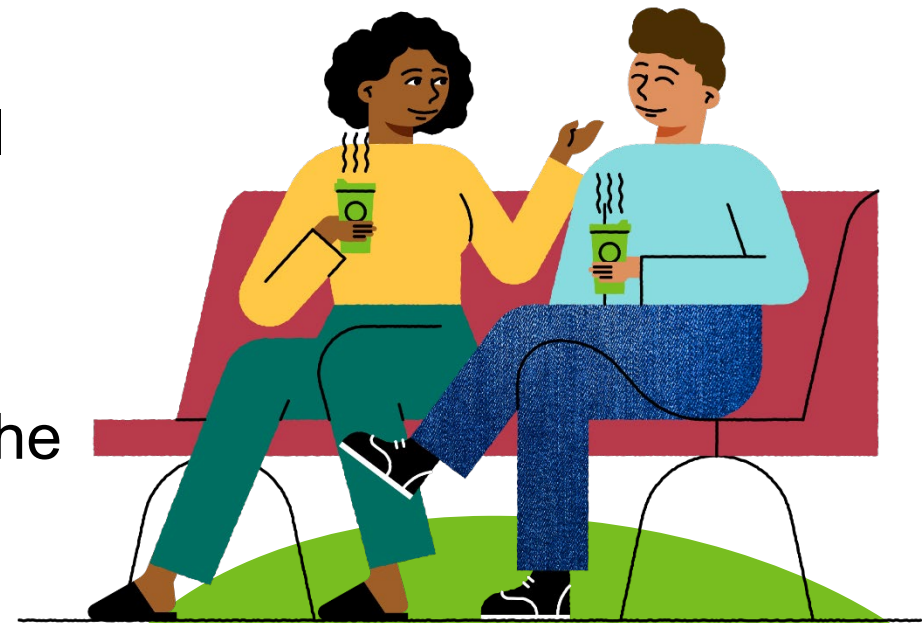
- **Free** mental health, work/study support, sexual health or drug and alcohol services for 12-25 year olds
- **Youth friendly**
- **Voluntary** – You decide how long you want to stay and what you want to do
- **Confidential** - everything you say stays private!
- We also have lots of groups!



Youth Peer Work

A peer worker is a young person who intentionally use their lived experience of mental health to provide support and instil a sense of hope in young people

- Expect to have open and honest conversations about mental health
- Receive guidance on how to navigate the mental health system
- Have someone listen to you nonjudgementally
- Provide support to help you get through to take the next steps in feeling better



Family peer work



Our family peer workers all have lived experience as parents or carers of a young person with mental ill-health and can support you on:

- Navigating the mental health system
- Liaising with clinicians
- Sharing insights and experiences
- Offering hope in this journey



Work and study support

- Explore careers and study pathways
- Get help liaising with Centrelink and other support services
- Support with Resume and Cover Letter writing, tricks and tips to get noticed by employers!
- Learn about wage rights and how you can promote yourself!



IPS (Individual Placement & Support)

- Tailored, individual support to help you find a job, plan your career or future studies!
- Unlimited support, working with your clinician to ensure you feel supported both in the workplace and the headspace
- Advocate for our young people to ensure they are getting paid correctly, with all entitlements
- Building awareness with your employer so you feel comfortable communicating with them about your mental health and needs and support within the workplace.
- Help you sustain your employment ongoing.



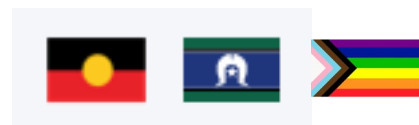


Western Health

Our drug and alcohol services

Free service for 12-24 year olds:

- Individual drug education and counselling*
- Single-session family consultation (with or without young person being present)



Sexual health services



Free and confidential community service for anyone aged 12 – 25. You can ask questions about:

- Sexually transmitted infections (STIs)
- Contraception options
- Relationships
- General questions about health and wellbeing

Homelessness Supports



Free early intervention service for all 12-24 year olds

- Youth coaching/case management
- Help with renting, legal issues, health, sports, social activities and being independent
- Family mediation and support

Contact reception to book an appointment!



Moderated Online Social Therapy

MOST PROVIDES YOUNG PEOPLE WITH A RANGE OF FEATURES



PERSONALISED THERAPY PROGRAMS

continuously tailored to each young person.



A TOOLKIT

of coping supports to carry young people through difficult moments when and where they need it.



A SAFE ONLINE SOCIAL NETWORK

of young people with a shared experience of mental ill-health.



headspace Sunshine's Groups!



Are you ready to join dragonspace?

Inviting all adventurers interested in a new Dungeons & Dragons group running at headspace Sunshine.

An original campaign created by experienced game masters, perfect for total beginners and long-time D&D players alike.

Take on the role of a hero and roll dice to cast spells, solve mysteries and punch monsters!

Find out what the hypes all about. Find an excuse to step out of your headspace for a little while, and into something a little more magical and adventurous.

**6 weekly sessions
beginning October 13th
Wednesdays 4:30 - 6pm**

**Snacks and materials
provided**

**Limited spots
available!**

Tuning into Teens™ at headspace

EMOTIONALLY INTELLIGENT PARENTING

A FREE six session
parenting program for
parents and carers
of young people

Learn how to:

- Understand what they're going through at this stage in life
- Understand their emotions
- Manage conflict more effectively
- Communicate more effectively
- Create a closer more connected relationship
- Build on your skills as a parent.

Ask a headspace worker about the Tuning in to Teens™ program and other services this centre offers family and friends.

join our Youth Advocacy Group!

The Youth Advocacy Group are made up of young volunteers aged 16 - 25 who live, work, study or play in the Brimbank, Maribyrnong and Moonee Valley area, and who are passionate about making a difference in youth mental health around the community



- ✓ Mental health awareness activities
- ✓ Community engagement events
- ✓ Platforms for advocacy



Local Youth Supports at Sunshine



Detour

A service for people aged 12 to 24 at risk of or recently experiencing homelessness.

Mon - Fri 9am – 5pm
1800 338 687



Youth Health Service

a Free and confidential community service for anyone aged 12 – 25 years who need support and info about anything to do with their health and wellbeing.

Youth Health Nurse available to talk about all things sexual health.

Drop in at headspace - 2pm on Wednesdays
OR
Call 9313 5000 and ask for the Youth Health Nurse



Brimbank Youth Services

Brimbank Youth Services works with young people aged 10-25.

Offer a range of programs for:

- Socialising and making new friends
- Learning to drive with a mentor
- School holidays
- Have someone to talk to during challenging times

Call 9249 4000 or email bys@brimbank.vic.gov.au



Orygen Specialist Programs

Specialist mental health service for 15-25 year olds experiencing severe mental illness or is at risk of developing severe mental illness.

Call toll free: 1800 888 320
24 hours a day 7 days a week

national supports



LIFE
1800 184 527
qlife.org.au
3pm-midnight



Butterfly
LET'S TALK eating disorders
1800 ED HOPE
(1800 33 4673)



kids helpline
Anytime Any Reason
1800 55 1800



Beyond Blue

beyondblue.org.au
1300 22 4636



headspace.org.au



eheadspace
1800 650 890



work and study
1800 810 794

thank you!



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