

eheadspace Group Chats

Upcoming Group Chats – May 2020



A Group Chat session is your opportunity to speak anonymously online to headspace mental health professionals and hear from others about a topic that will be discussed.

Group Chats run for approximately 1 hour and are hosted by mental health professionals and members of the headspace Youth National Reference Group (hYNRG) and Family and Friends Reference Group.

Anyone can view a Group Chat live chat or transcript. In order to participate, you will need to create a Group Chat profile. This requires an email address and password, and you can set up your Group Chat user name and profile picture if you wish. Your Group Chat profile will automatically save any chats you've participated in to your profile so you can find them easily.

If you want to participate in a Group Chat but you want to be anonymous, you can select this option once you've logged in. Once you're logged in you can share images and videos if you think they will be helpful for the chat or the people you're chatting with.

Upcoming Group Chats – please follow link below:

<https://headspace.org.au/eheadspace/group-chat/upcoming-chats/>

For a list of upcoming group chats for the month of May – see information and details below:

- **Sometimes my relationship hurts**

Intimate partner violence is any behaviour within an intimate relationship that causes physical, sexual or psychological harm to those in the relationship. These behaviours can be perpetrated by any gender. Intimate partner violence is the most common form of violence against women. Learn more about how to recognise abuse and where you can get help.

Take this opportunity to speak online with our eheadspace mental health clinicians and headspace Youth National Reference Group members. We welcome you to ask questions and to share your own experiences and advice to others!

Join Group Chat on ***Sunday 3rd May between 7-8pm AEDT.***

[Click here to register for our session \(and before the day to set a reminder for yourself if you want\).](#)

Send us an email if you'd like to add a question before the chat: groupchat@headspace.org.au

- **Finding Work and Managing Finances during Physical Distancing**

With COVID-19 resulting in physical distancing, you might be finding it harder to manage your finances or you may be out of work.

There is government assistance available, but it might be confusing to know how to access this and you might be wondering how to find work you can do from home. During these uncertain times you might be experiencing a range of difficult emotions. Learn more about what you're entitled to, how to get it and what you can do to look after your mental health and manage stress about work or money.

Take this opportunity to speak online with mental health clinicians, work and study specialists and headspace Youth National Reference Group members. We welcome you to ask questions and to share your own experiences and advice to others!

Join us ***Tuesday 12th May between 7-8pm AEDT.*** [Click here to register for our session \(and before the day to set a reminder for yourself if you want\).](#)

Send us an email if you'd like to add a question before the chat: groupchat@headspace.org.au

- **In This Together – National Reconciliation Week 2020**

National Reconciliation Week is a time for all Australians to learn about our shared histories, cultures, and achievements, and to explore how each of us can contribute to achieving reconciliation in Australia. Learn more about why Reconciliation must live in the hearts, minds and actions of all Australians as we move forward, creating a nation strengthened by respectful relationships between the wider Australian community, and Aboriginal and Torres Strait Islander peoples.

Take this opportunity to speak online with our eheadspace mental health clinicians and headspace Youth National Reference Group members. We welcome you to ask questions and to share your own experiences and advice to others!

Join us Sunday 31st May between 7-8pm AEDT. [Click here to register for our session \(and before the day to set a reminder for yourself if you want\).](#)

Send us an email if you'd like to add a question before the chat: groupchat@headspace.org.au

