



Term 1 2025

Community Newsletter

when can I ...?

see a private clinician?

(MHTP required)



within 2 - 3 weeks

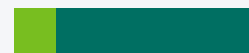
speak to the intake team?



1-2 business days from initial contact

have a single session?

(session-by-session program)



within 2 weeks

new service update

We've recently welcomed Carly, our new **Adolescent Health Nurse** to the team! Carly will be working across our Bentleigh and Elsternwick sites, offering free support on **sexual health, healthy relationships, consent, contraception, sleep, vaping, self-harm care**, and more.

To book an appointment, you can call our lovely reception and ask for her.



opportunities

Workshops we currently offer:

stress management

healthy headspace

looking out for friends

connecting with respect

As the year begins, now is the perfect time to reach out and book opportunities for your school! **These include:**

- mental health literacy workshops,
- awareness stalls,
- support for lunchtime sessions, and
- information sessions for parents and carers.



workshop feature

stress management

With exam periods approaching quickly, our workshop pick for this term is the **stress management sessions**. These workshops are all about giving young people the tools to manage their stress levels and develop healthy coping skills.

Beneficial for:

- developing healthy coping skills
- decompressing during study



coming up with headspace!

introducing ...

LOVE BITES

Love Bites is our new 4-week program that helps young people build healthy relationships by teaching them their rights, responsibilities, and how to resolve conflicts without violence.

the details

who: 16-22 year olds

when: Thursdays, 4-5:30pm, Feb 6-27 (4 weeks)

where: headspace Bentleigh

eligibility: Must attend at least 2 sessions.

support: Peer worker & session-by-session mental health support included.

referrals close: Feb 12, 4pm

St Kilda Festival

Join us for Australia's largest free and all ages music festival! We'll be hosting a stall on the day with lots of fun and engaging activities!

When: Sunday 16 February

Time: We'll be there from 10 am to 4 pm

Where: St Kilda beach and surrounds

If you have any young people who could benefit from this program, please make sure they're referred by Feb 12, 4pm by emailing headspacegroups@alfred.org.au



headspace.elsternwick
headspace_bentleigh

For community awareness inquiries, please contact Sophie at s.sjostrom@alfred.org.au.



headspace