

# your guide to headspace community awareness and engagement activities

for headspace Elsternwick and Bentleigh | 2024

## our community awareness team is here support your students in a meaningful way.

Our goal is to connect with young people in the community and deliver activities that:

- strengthen young people's understanding of mental health,
- destigmatise mental health challenges, and
- encourage seeking help early by guiding young people to accessible supports and services.

## your community awareness team



**Sophie Sjostrom**  
Community Awareness Officer

**vic crombie**  
Community Awareness Coordinator

**To achieve this, we offer a suite of activities for schools that can be tailored to your needs.**

These include:

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

**Fun fact! Our activities are completely fee-free.**

All you need to do to book a workshop, stall, webinar or just have a discussion, is to reach out! You can email the team at:

**Vic Crombie** | [v.crombie@alfred.org.au](mailto:v.crombie@alfred.org.au)  
**Sophie Sjostrom** | [s.sjostrom@alfred.org.au](mailto:s.sjostrom@alfred.org.au)

# headspace workshops menu



## stress management

Our stress management workshops are all about giving young people the tools to manage their stress levels and develop healthy coping skills. We offer workshops focusing on:

- managing life stress
- stress during exam periods
- mindfulness and relaxation

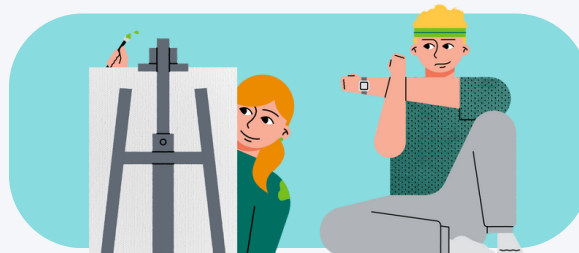
Suitable for Years 10 - 12. Supports healthy coping skills to decompress during study periods



## looking out for friends and yourself

This workshop discusses how students can look out for and support friends, as well as encourage early help seeking. It also explores how students can look after themselves and their needs in the process.

Suitable for Years 8 - 9. Promotes early help seeking and builds healthy and respectful communication skills



## healthy headspace

healthy headspace provides tips and tricks for young people to live their lives in a productive and meaningful way. This workshop explores:

- staying active
- creating connections
- getting into life
- sleeping and eating well
- cutting back on alcohol and other drugs

Suitable for Years 7 - 8. Empowers students to build skills supporting their mental health and wellbeing.



## connecting with respect

We recognise that the pandemic has impacted how young people develop social skills and understand respectful behaviour. This workshop gently guide students in practicing safe, inclusive communication, ensuring everyone feels valued in the classroom.

Suitable for Years 8 - 9. Supports healthy and respectful social skills.

# additional mental health programs

## the body project series

Body Project Australia is a global program that empowers young women to embrace their bodies and challenge societal pressures to conform to specific appearance ideals.



### Who this program is for

The program is suitable for people aged 14-18 years who:

- identify as female, woman, she/her
- are concerned about their body image or experience body dissatisfaction

### how the program runs

- Accommodates up to 10 students
- 4 x 90-minute sessions over 4 weeks
- Held in person on campus during school hours
- Facilitated by two headspace staff members

# awareness stalls for key dates

Our awareness stalls get students more familiar with headspace, what we do and how to access our services.

We'll bring along a whole range mental health resources, engaging activities and great energy!

Awareness stalls often run on key dates such as:

- **IDAHBOT**
- **RUOK Day**
- **NAIDOC Week**
- **Wear It Purple Day**
- **National Day Against Bullying**
- **Pride Month**
- **+ more!**



**Our Youth Advisory Committee will come along and chat with students about our services!**

# webinars for parents and carers

We're able to provide webinars targeted towards parents at your school, supporting with topics such as:

- **Promoting positive body image**
- **Mental health and anxiety in young people**
- **Parenting with mental health in mind**

