

headspace Box Hill monthly newsletter

August Edition



What's new?

Meet our new Community Engagement Practitioner

Sophie Hunt



“Hi everyone, I’m Sophie Hunt, the new Community Engagement Practitioner at headspace Box Hill. I started in this role at the start of May. So far it has been an absolute pleasure to meet so many amazing and dedicated people who share a vested interest in youth mental health and the community at large. I am really looking forward to nurturing existing partnerships in the community as well as forging new connections, as I propel forward the efforts of headspace Box Hill in improving youth mental health and wellbeing.”

What's On

Youth Reference Group Recruitment

We are currently taking applications from young people between 16-25 to volunteer for our Youth Reference Group! This is a unique opportunity for young people to bolster their professional expertise, get some great experience on their resumes, while collaborating with likeminded young people to share their insights on youth issues and develop and design key projects at headspace Box Hill.



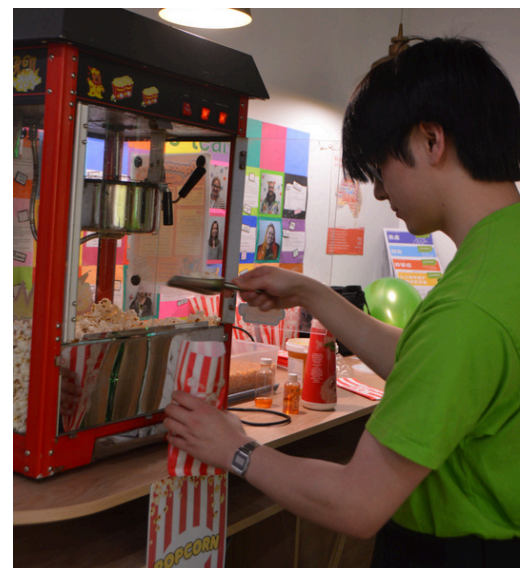
**want your voice heard on
issues affecting young
people?**

Are you...

- Aged between 16 and 25?
- Wanting your voice to be heard on issues affecting young people, including mental health, alcohol and other drugs, and life stress?
- Living, working, studying, or have connections to the Whitehorse, Manningham or Boroondara area?



**headspace Box Hill
Youth Reference Group
volunteer
applications now
open!**



What's On



Days of Significance

12th August: International Youth Day

A day to celebrate youth and the pivotal role they play in shaping a more just and sustainable world. The theme for 2026, “Different Contexts, Common Aspirations,” signifies the common aspiration among all youth for dignity, opportunity, participation, and a sustainable future.

To celebrate, we are taking our Youth Reference Group out for dinner to recognise the vital impact of their youth voice in the operation of our centre, and its events and activities.

We'll also be calling out to young people in the local area to provide their input on current youth issues.

19th: National Book Lovers Day

A day to celebrate books, reading, literature, and learning. We know there is a significant positive link between reading at a young age and cognitive skills later in life.

To recognise this day, we are launching a headspace Box Hill mini library in centre.

15th August: National Relaxation Day

A reminder to take it easy and practice a bit of self-care. Head to our Instagram and get inspired by our suggestions on the day.

28th August: Wear It Purple Day

Our staff are dressing in purple on Wear It Purple Day in an effort to increase LGBTQIA+ visibility and recognise that although progress has been made, we must still ensure that every young person deserves to feel safe, celebrated and empowered at school, at home, at work and in their community.

10th September: RUOK Day

Looking to collaborate with headspace Box Hill for RUOK Day, or the days that surround it?

Involvement could look like...

- **We host a stall at your school/organisation during an event or during lunch time**
- **Mental health themed presentation delivered to your staff, parents, or students**
- **You host a gold coin donation free dress day to help us raise funds for youth mental health**



If we are unable to collaborate for RUOK Day, there are options to collaborate during Mental Health Month in October. Contact Sophie via sophie.hunt@mindaustralia.org.au for enquiries.

Ongoing headspace hangout sessions

Every second Thursday, we host free drop-in hangout sessions for young people aged 12-25 where we play games, watch movies, do crafts, and various other fun activities.



Please keep reading to see our August hangout themes!

headspace hangout

**Free
Drop In
Sessions for
Ages 12-25**

**Level 1, 19-23
Prospect St,
Box Hill,
3128**



13th August
Ping Pong Battle



25th August
Paint by numbers

**New theme
every
fortnight
3:30-5:30pm**

**Nintendo
Snacks
Board Games
Movies
Crafts**

Ongoing

Rohan's Support Fund

We are so excited to announce the launch of Rohan's Support Fund at headspace Box Hill.

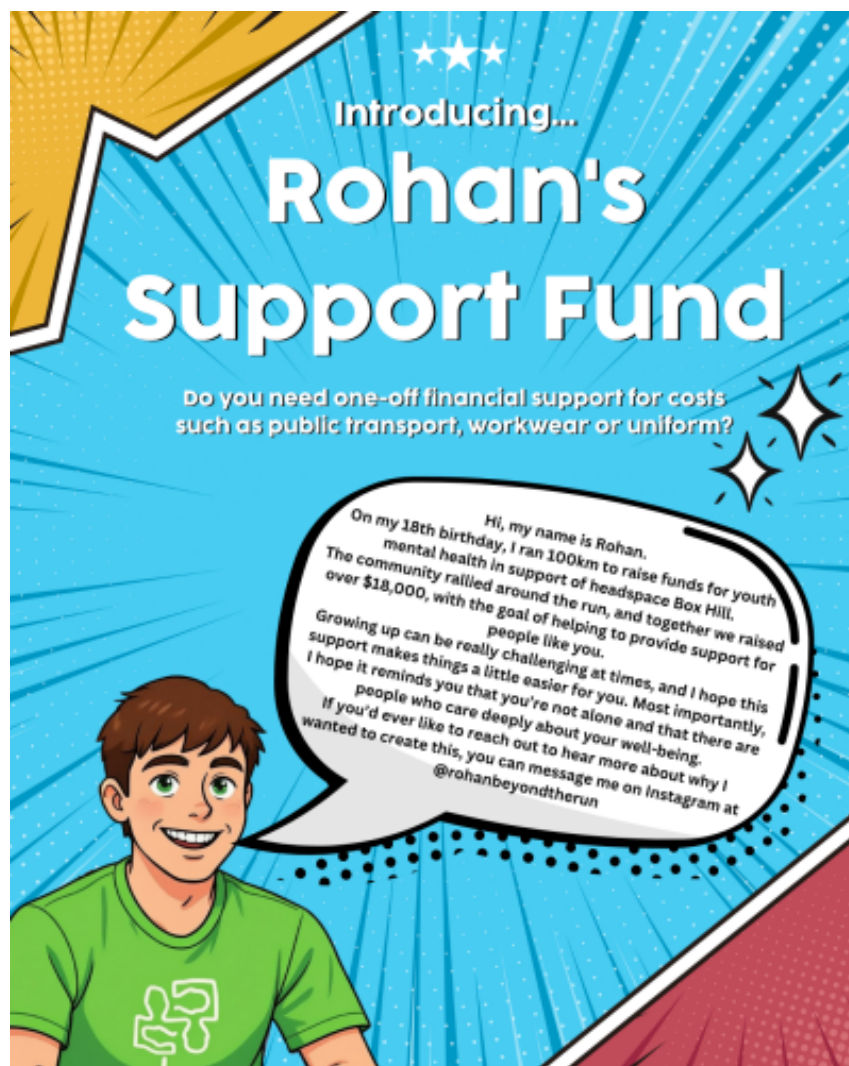
In February this year, Rohan Martin Ritchie celebrated his 18th Birthday by running 100km in a single day to raise \$18,000 for headspace Box Hill in support of youth mental health.

We cannot emphasise our gratitude enough to Rohan and his supporters in the community. This act of solidarity is incredible and has left such a positive imprint on the work we can achieve at headspace Box Hill.

We are using the funds raised by Rohan to launch 'Rohan's Support Fund', which offers one-off financial support of up to \$100 for young people who access support at headspace Box Hill.

The aim of this fund is to remove the barriers to help-seeking for our young people, whether that is support with transport, access to food and clothes, or resources for work and study.

headspace is always here to support, and it's because of the kindness of others, and the legacy of people such as Rohan, that we are able to do so in this way.





Our services

Mental Health Services

Including counsellors, peer practitioners, psychologists and psychiatrists. Online session available too.

Work and Study Support

Tips on how to prepare your resume and present interviews. Links to local opportunities.

Sexual and Physical Health

Health screenings or links to local services.

Alcohol and Other Drugs

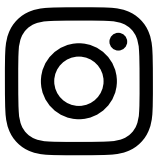
Workers either on site or linked to the centre who can assist you with any AOD concern.

Youth Programs:

We run fortnightly hangout sessions, Youth Reference GRoup volunteer program, as well as additional themed events and activities regularly.



<https://headspace.org.au/headspace-centres/box-hill/>



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headspace Box Hill



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Learn about what's happening and what's on offer in the youth mental health space



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