

Mental Health 101

Jenna
Community Engagement Officer

this is a safe space

we acknowledge the traditional custodians of this land

we embrace diversity

we acknowledge lived/living experience



What we'll cover today...

- Mentally healthy VS mentally unhealthy
- Mental health continuum
- What is stress
- Where and how you can get support
- About headspace
- Questions

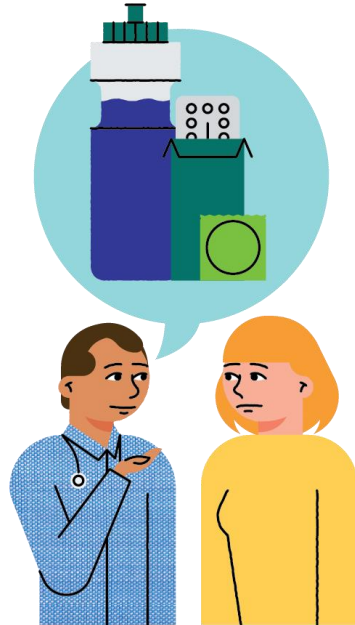


**What do you know
about headspace?**

How headspace can help

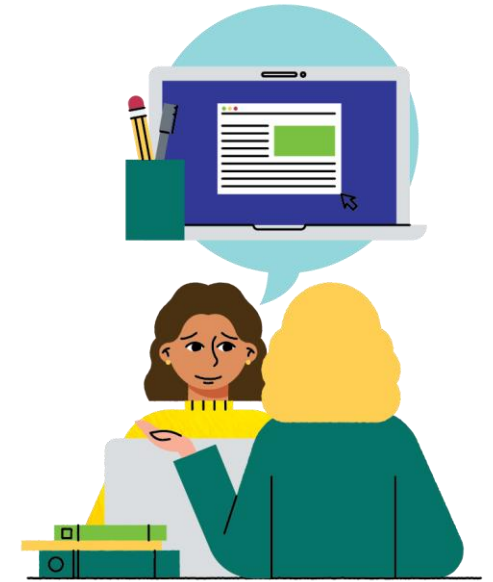
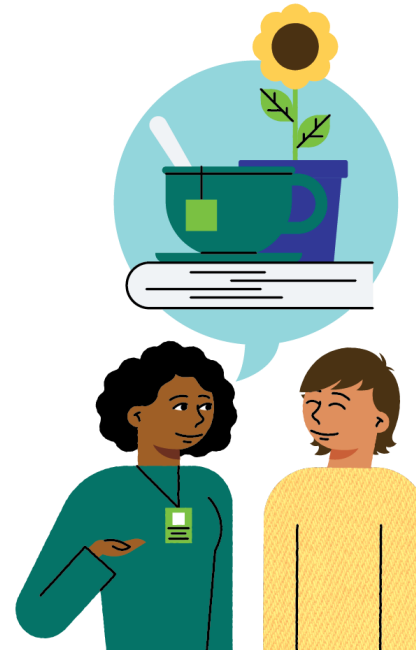


Alcohol & Drugs



Physical Health

Mental Health



Work & Study

Perth Metro



Armadale



Midland



Cannington



Osborne Park



Fremantle



Rockingham



Joondalup



Mandurah





Activity 1

Brainstorm what mentally healthy and mentally unhealthy look like for a young person

Activity 1

HEALTHY



UNHEALTHY



Mental Health



Being mentally healthy is about being able to:

- work and/or study to your full potential
- cope with day-to-day life stressors
- be involved in your community
- live your life in a free and satisfying way

A person who has good mental health has good emotional and social wellbeing and the capacity to cope with change and challenges.

Mental Health Continuum

A horizontal bar with rounded ends, featuring a color gradient from red on the left to green on the right. The bar is divided into four equal segments, each containing a label. The labels are 'Unwell', 'Struggling', 'Coping', and 'Thriving', which correspond to the color gradient from red to green.

Unwell

Struggling

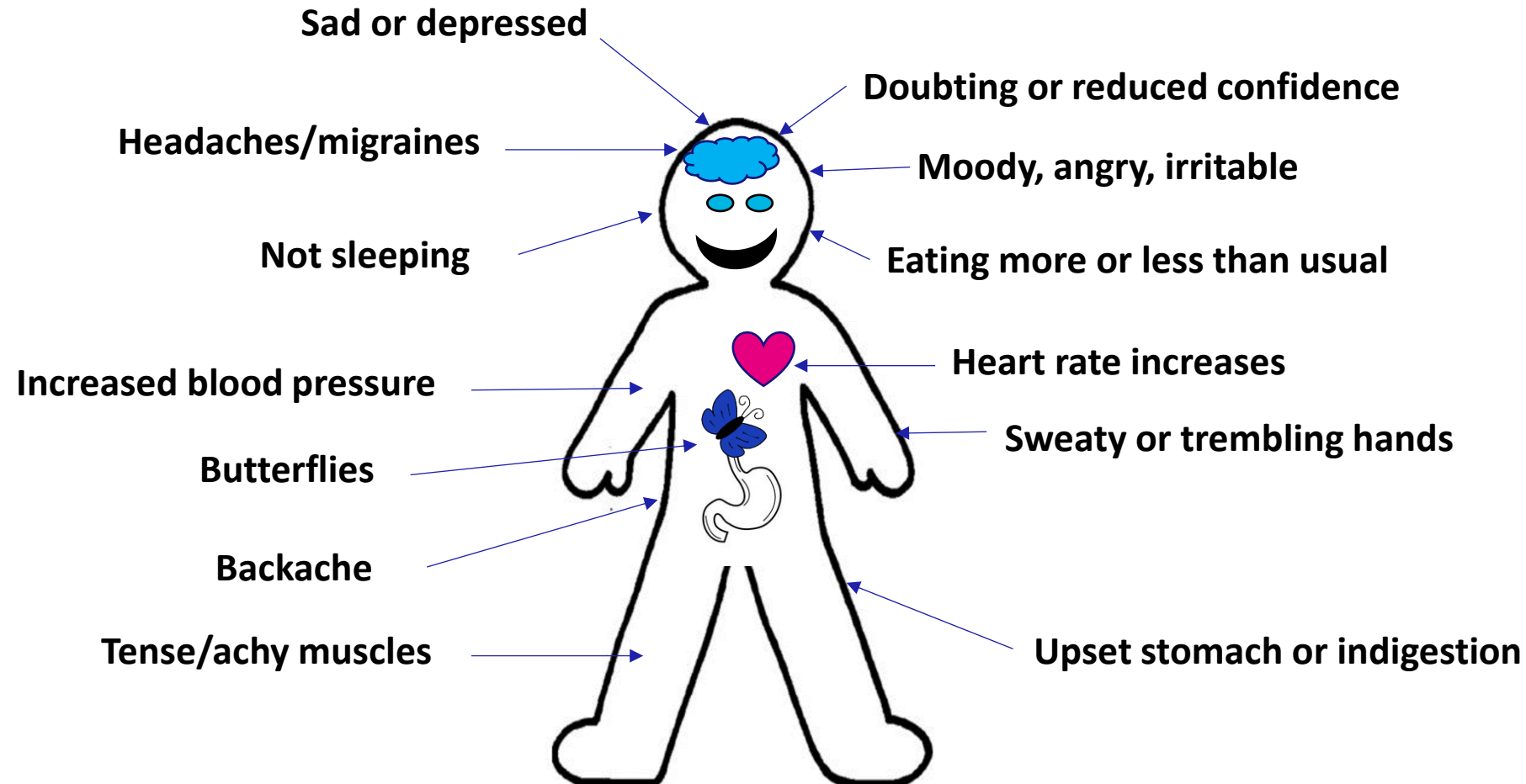
Coping

Thriving

Contributors to mental health difficulties

- **Current circumstances** (stress at school or work, money problems, difficult personal relationships, problems with family)
- **Difficult life experiences** (abuse, neglect, loss of a loved one)
- **Individual factors** (coping skills, thinking styles)
- **Biological factors** (family history of mental ill-health)

What are the warning signs?




Normal Stress vs. Anxiety Disorder

Feeling anxious:

- 🌀 For long periods of time
- 🌀 For no reason
- 🌀 More often than usual for you
- 🌀 About a situation you think is unlikely to happen
- 🌀 After a situation is over
- 🌀 Avoiding things that may make you feel anxious





**Why do you think young
people don't ask for help?**





Activity 2

True or False?

True or False

1. There is usually only 1 or 2 contributing factors to a mental illness

FALSE

True or False

2. Non-qualified people can help a person with mental illness

TRUE

True or False

3. Depression is the most common mental health illness among young people in Australia

FALSE

True or False

4. 1 in 4 young people experience a mental health illness

TRUE

True or False

5. You must have severe mental health issues to see a health care professional

FALSE

True or False






6. If someone has a traumatic experience, it is best to make them talk about it as soon as possible

FALSE

Activity 3







Share in pairs 1 thing you do to 'clear your head' when you're feeling stressed or overwhelmed

If you or your child is not okay...

-  Educate yourself with reliable sources
-  Ask for help early
-  Get professional advice and support
-  If your health professional doesn't seem the right fit, keep looking for the right person for you
-  Stay engaged – family, friends, school/study, work, healthcare

If your child tells you that they're not okay...



-  Listen and try not to judge or “fix things” straight away
-  Let your child know they don't have to go through this alone
-  Be honest about why you are worried about them
-  Suggest they read/watch stories from young people with similar experiences
-  Encourage them to try some self-help strategies
-  Encourage them to talk to a you, another trusted adult, GP, or a service like headspace

Referrals

How can I refer?

 Drop in

 Call

 Email

Who can refer?

 Self

 School

 GP

 Family or friend

 Other health or youth organisation



Opening Hours

Monday	9:00 am – 5:00 pm
Tuesday	9:00 am – 7:00 pm
Wednesday	9:00 am – 5:00 pm
Thursday	9:00 am – 7:00 pm
Friday	9:00 am – 5:00 pm
Saturday & Sunday	CLOSED

Where: Unit 1&2, 1468 Albany Hwy, Cannington

Phone: 9358 9800

Email: reception@headspacecannington.com.au

headspace Cannington





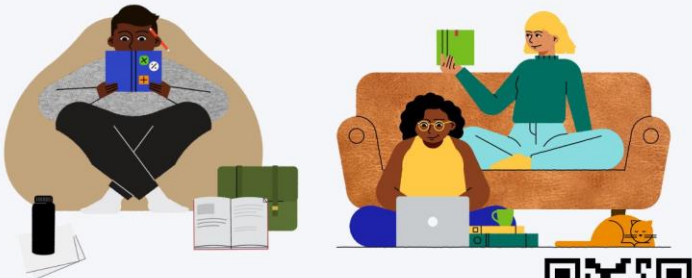
TRANSITION INTO HIGH SCHOOL

Meet other Year 7s and learn skills to help you with:

- Managing worries
- Making friends
- Bullying
- Managing school work
- Resilience

Mondays 4-5pm
5 May - 16 June
(except 2 June - public holiday)

headspace Cannington
(1 & 2, 1468 Albany HWY, Cannington)



Register here!



Events



women's health workshops

for young women from
culturally diverse backgrounds

Contraception Choices	ages 12-25
Menstrual Cycle	ages 12-16
Safe Intimate Relationships	ages 16-25
Pregnancy Choices	ages 16-25

Thursday afternoons
10 April to 1 May

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(1 & 2, 1468 Albany HWY, Cannington)

Refreshments provided



Register here!

Spill the Beans



Let's take a break from that daily hustle

Explore new cafés, enjoy a **FREE** coffee*,
and hang out for chill chats & games!

For ages **18-25**



Wednesdays | Various cafés in Vic Park

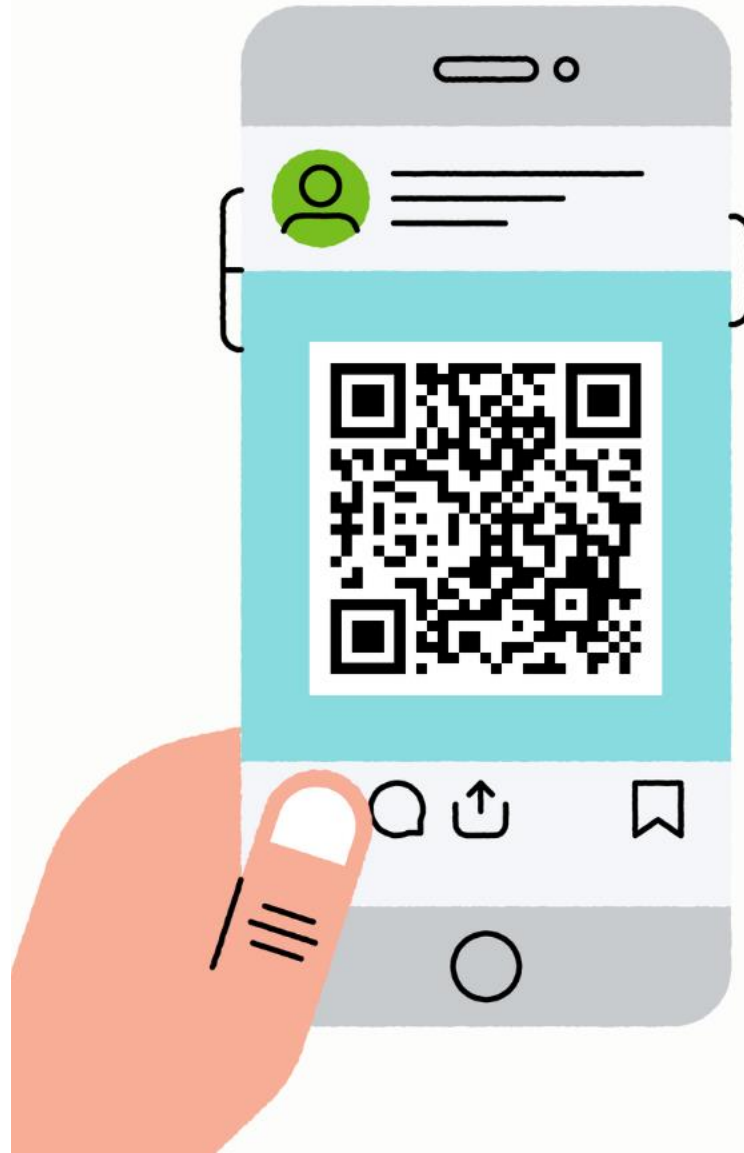
Drop in anytime—bring your friends.
*Free snacks and drink of your choice!



Register here!



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the QR code



headspace Cannington



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headspace National Youth Mental Health Foundation

headspace


Find a centre Emergency assistance Login or create account

Information & support Schools & health professionals About headspace Get involved Blog Join the Community

Create an account

You can get support for your mental health by creating a headspace account. Here, you can access group chats, online communities, and 1:1 direct support with eheadspace professionals.

[Learn More](#)



what brings you here today?

We have information and resources covering a wide range of issues and topics. Is there anything specific you're looking for?

Start

Yarn Safe - Mental Health for All


headspace

Find a centre Emergency assistance Login or create account


Information & support Schools & health professionals About headspace Get involved Blog Join the Community

YARN SAFE

NO SHAME IN TALKING IT OUT



Got a lot going on? When we've got a lot going on we can feel sad, tired, stressed and angry. Everybody has these feelings when life is tough, but when these feelings go on for a long time it can weaken our body, mind and spirit. If you feel like there is too much happening, clearing your head can help. Below is some information that may help you or somebody else, when going through a hard time. There's no shame in talking it out. headspace is your space to yarn safe.

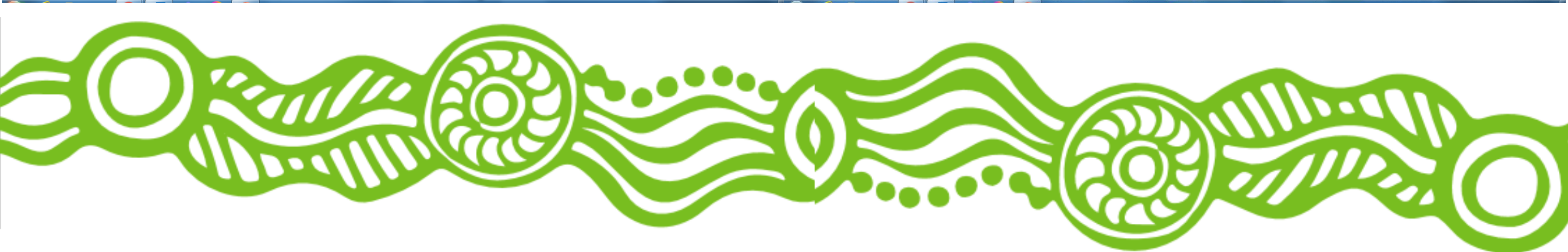


Mental Health and Wellbeing

Mental health is like a tree. To stay strong and healthy it needs looking after. You need to take

Stress and Pressure

Stress can come from many things and cause all sorts of problems. Find good ways to cope when



<https://headspace.org.au/headspace-centres/cannington/>

Services for Young People



Services for You



Questions?

Thank you!