

headspace Armadale Workshops, Presentations and Information Stands

What is headspace Armadale offering the community in 2018/19?

headspace Armadale supports the community through a range of educational activities including:

- Presentations/workshops for 12-25 year olds in schools, TAFE's, University and community groups
- Meet **headspace** presentations for school staff, parents and services
- **headspace** information stand at open days, health expos, forums, and events

Workshops and Presentations

headspace workshops and presentations run for approximately 45-55 minutes and include a range of practical evidence based content, interactive activities and videos.

Presentations and workshops can be tailored for young people from culturally and linguistically diverse and Aboriginal and Torres Strait Islander backgrounds. All of our presenters use safe and inclusive language and are happy to discuss any specific concerns or requests you may have when booking a presentation.

headspace workshops work best with groups of 5-30 so those participating can ask questions and get fully involved in activities. We are happy to consider bigger groups on a case-by-case basis.

Topics for young people currently include:

- Meet **headspace** and Intro to Mental Health
- Healthy **headspace**
- Bullying
- Exam Stress and Coping
- Positive Body Image and Healthy Eating - (young women or young men)

Please note: For presentations and workshops with school-aged young people, teachers, youth workers and/or other facilitators must be present to carry out behaviour management of students when required.

Topics for teachers and services include:

- Meet **headspace**
- Youth Mental Health – What's going on out there?

Meet headspace and Youth Mental Health can be combined in one 45-55 minute workshop/presentation. For more information on workshop content, please see the attached page for an overview.

Is there a cost attached?

No. These workshops are free and include resources.

How do I book?

Please book via the online booking form found on the headspace Armadale website or [click here](#). For more information, special requests or for event bookings you can contact our Community Engagement Officer Chanell Moollan on 9393 0300 or email chanell.moollan@headspacearmadale.com.au

Please note: Workshops are often in high demand. To ensure you have the best chance of booking your preferred date, please provide as much notice as possible (3-4 weeks).

What happens next?

After you've contacted the Community Engagement Team you will receive a response within 5 working days. Once your booking has been confirmed you will receive email confirmation. On the day of the workshop or activity **headspace** Armadale team member will arrive 15-20 minutes prior to setup any multimedia devices and resources.

Presentation and Workshops for Young People: Content Overview

Meet headspace and Intro to Mental Health

- Introduction to the **headspace** service, eheadspace and **headspace** online resources
- How **headspace** can help, how to refer and what to expect at a centre
- Introduction to mental health and wellbeing including myth busting activity
- Tips for a healthy **headspace**
- What to do if you aren't okay
- What to do if a friend isn't okay
- This includes videos: "[Mental Health and You](#)" and "[Tips for Healthy Headspace](#)"

Healthy headspace

- Introduction to the **headspace** service, eheadspace and **headspace** online resources
- Brief intro to mental health
- Explores positive coping strategies, and common ways to de-stress and tips for a healthy headspace
- An opportunity for young people to explore and share positive habits they already have
- What to do if you aren't okay
- Meditation activity
- This includes videos: "[Tips for Healthy Headspace](#)"

Bullying

- Different types of bullying, the role of a bystander, why people bully, case study and effects of bullying
- Cyberbullying
- What to do if you are being bullied and where to get support
- Bullying response plan activity
- How to support someone being bullied
- Videos included

Exam Stress and Coping

- A brief introduction to **headspace** and **headspace** services
- Introduction to stress and the effects on the mind and body
- Coping strategies and looking after yourself around exam time
- Practical ideas and study tips
- What to do if you aren't okay

Positive Body Image and Healthy Eating

- What is body image and what causes body dissatisfaction
- Brief overview of eating disorders
- What to do if you're not okay
- Healthy eating using the Australian Guide to Healthy Eating
- Identifying junk science such as fad diets and nutrition claims (15 years +)
- A range of male or female specific videos including: "[dove evolution](#)", "[dove campaign for real beauty \(male version\)](#)" and more.

Presentation and Workshop Content Overview – Adults and Professionals

Meet headspace

- Introduction to the **headspace** service, **eheadspace**, and how to refer
- What a young person can expect at a centre and the intake process
- Types of issues we are seeing at **headspace** Armadale and a brief snapshot of youth mental health
- Tips for a healthy **headspace**
- Online Resources

Youth Mental Health – What's going on out there?

- Introduction to the **headspace** service, how to refer and what we offer
- Brief overview of trends and common concerns of young people at **headspace**
- Introduction to anxiety, depression and self-harm