



headspace
Horsham

May newsletter

everything happening within our centre
& the community at large for our young people



meet the Horsham team



U'Nita
team leader of clinical services



Louie
trained therapy dog



Shanu
snr mental health clinician



Anna
case manager



Rob
mental health counsellor



Trina
team leader of community awareness



Mark
community engagement



Cass
community engagement



Haylie
client services



headspace
Horsham



Kate
centre manager



???
mental health counsellor

LGBTQIA+ Dates for May

International day against homophobia, biphobia, intersex and transphobia (IDAHOBIT) **17th May:**



IDAHOBIT is celebrated every year on the 17th May and it originally began in 2005. The importance of IDAHOBIT being celebrated on the 17th May is because it was the day that the World Health Organisation decided to remove homosexuality from its International Classification of Diseases. This year's theme is 'At the heart of democracy' which promotes the idea that all democratic societies should ensure equality and justice for all.

Pan (Pansexual and Panromantic) Visibility Day **24th May:**



People who identify as Pansexual find themselves attracted to people regardless of gender or attracted to all genders. Their relationships are developed regardless of gender and are based on connection, personality and chemistry with many pan individuals referring to themselves as 'gender blind.' Pan visibility day is all about spreading awareness, celebrating and acknowledging the diversity of human sexuality.

LGBTQ Domestic Violence Awareness Day **28th May:**



LGBTQ Domestic Violence Awareness Day was first created in 2020 and was the first event/day of awareness in history to highlight domestic and intimate partner violence and abuse in the LGBTQ community. The movement first started in Australia and has now grown globally to educate people on the disproportionate rates of LGBTQ domestic violence. Over 60% of those in LGBTQ relationships will experience DV in their lifetime, however they are still greatly underrepresented and have incredibly low levels of reporting.

Out and about

with Trina



Create and relate

During the school holidays Trina ventured out to deliver some create and relate sessions as a part Hindmarsh's school holiday program. Across the sessions young people decorated shoes, tried embroidery and made polymer clay creations all while practising mindfulness. The repetitive nature of these tasks helps our brains slow down and focus on the crafts.



Mental Health Expo

Trina attended the mental health expo held at the Horsham Soundshell on Saturday 18th April. The event showcased many different services who offer a range of supports locally. It was a great day for the community to head down and familiarise themselves with services and the to know some of the people involved. There was even baby goats!



Trina spending time with a baby goat

Centre renos project

During April Trina organised a consultation group to give feedback on the look and feel on some of the proposed designs for the centre's renovation. The group went over what worked well, what needs improving and made sure to keep in mind the key design principles that have already been established.

There was lots of fantastic feedback and things to consider to ensure that the new look and feel of the centre is welcoming and accessible for everyone who uses the space. By really finessing these details we hope to make the centre the absolute best it can be!

Next step is for us to bring this feedback to the architect so that he can make some updates and changes with all of these wonderful new ideas

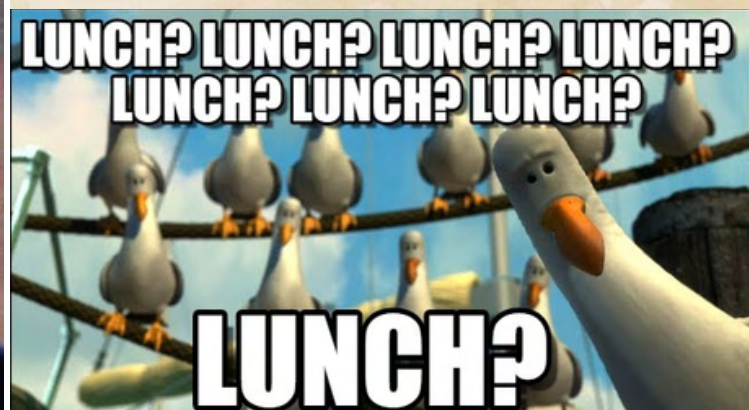
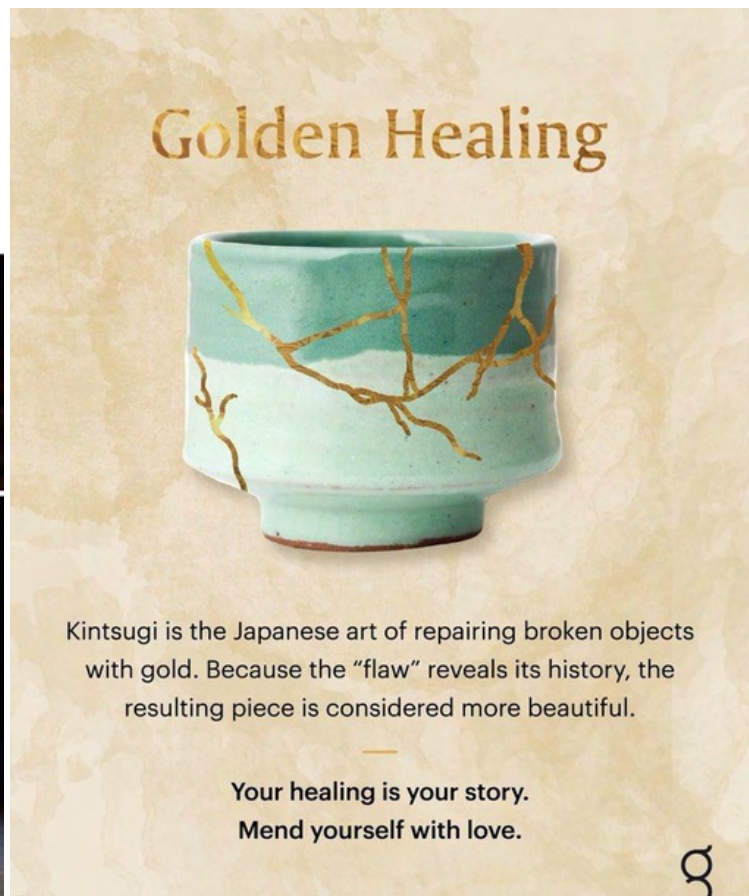


Cass's emails



During April the wonderful Cass was away on holiday and before she left, she scheduled emails to be sent out to Haylie so that she didn't miss her! It gave her and the team some giggles and also helped build anticipation for when she returned! Below are some of the memes and pictures that she sent through:

When Cassie goes on Holiday



4 ways to get free online help with achieving your work or study goals

headspace Work & Study Online Support

Free, tailored 1-on-1 support for young people aged 15-25 on everything from study and education options to job hunting and career advice.

headspace Career Mentoring

Kick start your career through online mentorship with an experienced working professional. They'll share career insights to support your professional journey, and you'll be matched based on your career interests and goals.

Online resources

Access a range of articles and interactive activities to help you write your resume, prepare for job interviews, study for exams, manage work or study related stress and anxiety, and more.

Group chats

Hosted by trained peer moderators, chat with others about anything work and study related, like resumes, interviews and study habits.

common myths and facts about mental health difficulties

Myth

Family and friends can't help people with a mental health difficulty.

Fact

Family and friends, as well as the wider school, work and community network, play an important role in supporting young people recovering from mental health difficulties. Family and friends have an ongoing connection with the young person and can offer understanding and practical support that makes a big difference.

Myth

People don't recover from periods of mental ill-health.

Fact

Most people recover from mental ill-health. In fact, recovery is more likely than not. With the right treatment and support, people commonly return to wellness, as well as learn lifelong skills that help handle life's tough times if they occur in the future.

While some people can experience multiple episodes throughout their life, these learned skills can reduce the duration and severity of these periods, and increase someone's capacity to live the life they want during periods of illness.

Myth

Mental health difficulties are caused by genetics.

Fact

Mental health difficulties and mental ill-health are complex and can occur for different reasons. Things like grief, relationship break-ups, bullying, exams, family conflict – also called environmental factors – are some of the most common contributors to the onset of mental ill-health in young people.

While environmental factors can worsen any genetic vulnerability, they can also help. For example, a strong family support system can go a long way towards preventing onset of mental health difficulties.

which service is right for my young person?

We have many resources on our website

(headspace.org.au) to help you take care of your young person's health and wellbeing.

If they've been using these resources for some time without improvement it's important to get the support of a professional.

Here's a list of our services to help you work out what might be right for them.



headspace centres

headspace centres provide face-to-face information, support and intervention (where appropriate) to young people aged 12-25 for anything affecting their health and wellbeing.

Support may be offered across any of the headspace four service areas (read about these areas on page 4).

Many headspace services also offer group support/programs in addition to individual support.

To find out about the services that are available or to make an appointment on behalf of your young person you can call, email or drop into your local headspace centre.



eheadspace

eheadspace is a national online and phone support service for people aged 12-25, their families and friends. eheadspace is staffed by experienced and qualified youth mental health professionals.

Web-chat and phone support operates from 9am – 1am (AEST), every day of the year. All they need to do to access eheadspace is create an account at headspace.org.au (for web-chat or email support) or call 1800 650 890.



work and study

headspace Work and Study is an online and phone support service for people aged 15-25 years who need support with work or study. It is staffed by work and study specialists.

The service operates within business hours, and we will try and find an appointment time that works for your young person. Work and Study sessions usually take an hour.

To access the Work and Study service, all your young person needs to do is register at headspace.org.au/workandstudy (for web-chat and email) or phone 1800 810 794.

All Work and Study services are free, but if called from a mobile the usual call charges will apply.



career mentoring

Career Mentoring is an online and over the phone service that connects young people aged 18-25 with an industry mentor in their field of interest. Mentors work with young people to help them find, maintain and enjoy work.

Mentoring occurs every two weeks, for up to six months.

To register interest in Career Mentoring, your young person can visit headspace.org.au/mentoring

All Career Mentoring services are free. If a young person is connecting with their mentor by phone, they will be given a toll free number to call.



headspace Telehealth

In regional and rural areas, getting access to expert psychiatrists is difficult. headspace Telehealth addresses this by providing 12-25 year olds in these areas access to highly-skilled psychiatrists via video consultations.

The low cost service ensures young people get high quality mental health care, while continuing their treatment within their local community.

Read more about headspace Telehealth at headspace.org.au/telehealth



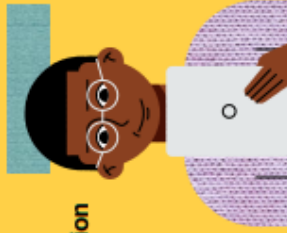
what might happen if I visit headspace?

at the first visit

Your first visit may be in person, or on the phone.
At the first visit you will:

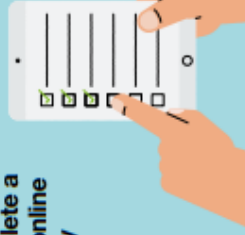
1

Fill in a registration form



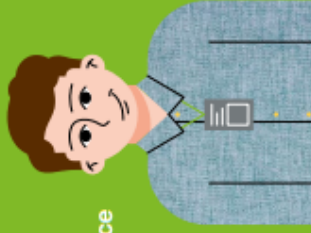
2

Complete a brief online survey



3

Talk to a headspace worker



4

Be given the opportunity to:

- share what's been impacting your wellbeing
- talk together about what goals you might want to work on.

If you feel comfortable, family members are encouraged to attend.

after the first visit

If you choose to continue at headspace, together we might work on goals you've identified as important to you. We would work together to plan the next steps which may include:

- access to a doctor and/or mental health nurse for physical or mental health difficulties
- study or vocational assistance with a work and study specialist
- sexual health information and support
- alcohol and other drugs assistance from an Alcohol and other Drug Support Worker
- referral to other agencies best suited to you and your family's needs. If you need a referral from a doctor to access a particular service, we can arrange this
- mental health support, such as cognitive behavioural therapy (CBT), problem solving, supportive counselling and group therapy.



We take your confidentiality, privacy and safety seriously. Read more about confidentiality and our duty of care on page 16.

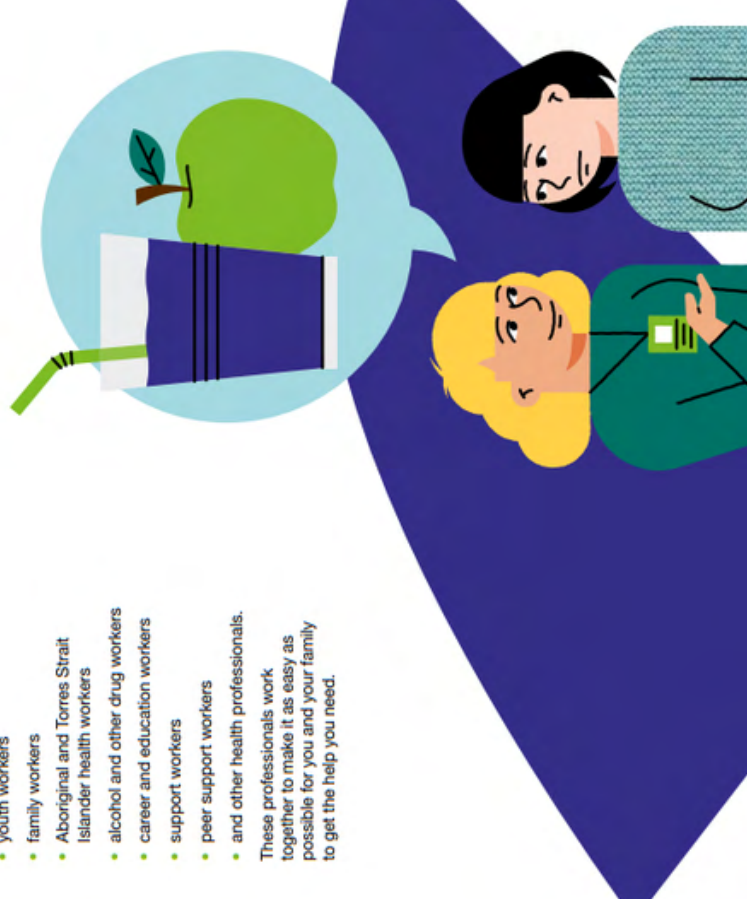
who provides services at headspace?

At headspace, you can meet with a range of workers, including:

- psychologists
- social workers
- occupational therapists
- mental health nurses
- doctors
- psychiatrists
- intake workers
- youth workers
- family workers
- Aboriginal and Torres Strait Islander health workers
- alcohol and other drug workers
- career and education workers
- support workers
- peer support workers
- and other health professionals.

These professionals work together to make it as easy as possible for you and your family to get the help you need.

Each headspace centre caters for their local community, and may not have all of the workers listed here. Make sure to check with your headspace centre about what services they provide. If they don't have the exact service you're looking for, they will be able to help recommend or suggest another service.



how to contact headspace

our centre is open Mon - Thurs 9-6pm
and Fridays 9-5pm



5381 1543



info.headspacehorsham@vt.uniting.org

or follow us on our socials



77 Hamilton Street
Horsham, Victoria



Are you or someone you know between the ages of 12 and 25 ?

Are you needing a little more support with:

Mental health & wellbeing?

Alcohol & other drugs?

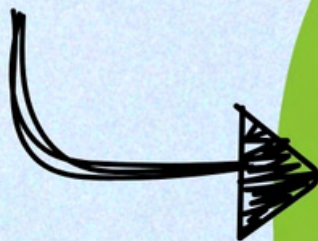
Physical & sexual health?

Work & Study?

headspace is a FREE counselling and support service for young people



If you are looking for
support, follow this QR
code



headspace
Horsham



join our free online group chat

Navigating A Young Person's Growing Independence

As young people grow, their needs and interests can change. They may start exploring new spaces, learning more about themselves, and taking on new experiences. Over time, this can also shape how much independence they seek.

For carers and parents, navigating these changes can involve finding a balance between supporting a young person's development while also helping them stay safe and on track.

Join our free online text-based group chat to connect with other adults and explore strategies for supporting a young person as they develop greater independence.

Topics may include:

- How to check in with your young person
- Navigating disagreements with a young person
- Being there for a young person when things go right or wrong
- Tools and tips that may be helpful for a young person in navigating new situations

Register to join us on Wed 6 May 2026, 6:30pm to 9:45pm AEST (join or leave at any time):





Orygen

You're invited to the Right Here, Right Now study!

Orygen and the University of Melbourne are seeking young people aged 13-25 for a new study.

This study will involve downloading an app and completing some brief surveys each day (2-3 mins per survey), over 6 days.

These surveys will ask about mental health issues, thoughts of suicide, and self-harm – as they happen.

This is so we can understand what causes these thoughts and urges, and what can help other young Australians.

You will be paid for your participation.

INTERESTED?

Visit the link to learn more, complete a short form, and book a time for a Welcome Interview with our team.

https://redcap.link/rhrn_study





**mental health &
wellbeing connect**

Free for family, carers and supporters

Grampians



Grampians Mental Health and Wellbeing Connect

For Families and carers

We will provide a warm and welcoming space for family, carers, kin and supporters of all ages and backgrounds of people with mental health and/or substance use challenges. You will be able to connect with peers, access tailored information, resources, advocacy, peer support (individual and group-based), and support access to brokerage funds.

All of our staff have a lived experience of supporting someone. We are here to listen to families, carers, kin and supporters, and we offer a variety of supports based on your specific needs. We work across the Wimmera and Central Highlands regions providing support in-person and over the phone.

Call 1800 962 008

Email GrampiansMHWConnect@mindaustralia.org.au

Support is available for people in the Ararat, Ballarat, Golden Plains, Hepburn, Hindmarsh, Horsham, Moorabool, Northern Grampians, Pyrenees, West Wimmera, and Yarriambiack local government areas.

In partnership with



Are you 13-18 years old?

Interested in a brief, online session for grief and loss to improve your mental health and wellbeing?

- **1 online session** (up to 1 hour).
- **Loss Includes:** death of a person, pet; parent's divorce, relationship break-up.
- **3 short surveys** (5-10 mins each), 1 week apart, then 1 month later.
- Randomly allocated to **start the session now or in 5 weeks.**
- We will ask online questions first to see if this a **good fit** for you.
- **Visa gift card** provided to reimburse you for your time.



For more info and to sign up visit:

www.sailgrief.org

or scan the QR code



Curtin University



STAN PERRON
CHARITABLE
FOUNDATION

MAY

@

THE STATION

16 PYNSSENT STREET, HORSHAM

FREE!

FRI

1

[BAND] JAM SANDWICH

Plug In, Tune Up. Play Loud.
Registrations are a must!!!

Ages 10 - 25 4:00 - 9:00



WED

6

2VOX

A Zine for young people, made by young people. For creative team only

Ages 10 - 25 4:00 - 5:15

TUE

12

AMPLIFY

Be apart of a group that plans, develops and delivers music, creative arts and cultural programs for other young people

Ages 12 - 25 4:00 - 5:30

THURS

14

YOUNG Q

A social group for young LGBTQIA+ people. We will be celebrating IDAHOBIT Day!

Ages 10 - 18 4:00 - 5:30

WED

20

2VOX

A Zine for young people, made by young people. For creative team only

Ages 10 - 25 4:00 - 5:15

FRI

22

[BAND] JAM SANDWICH

Plug In, Tune Up. Play Loud.
Registrations are a must!!!

Ages 10 - 25 4:00 - 9:00



WED

27

2VOX

A Zine for young people, made by young people. For creative team only

Ages 10 - 25 4:00 - 5:15

FRI

29

[BAND] JAM SANDWICH

Plug In, Tune Up. Play Loud.
Registrations are a must!!!

Ages 10 - 25 4:00 - 9:00



FRI

8

[BAND] JAM SANDWICH

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Registrations are a must!!!

Ages 10 - 25 4:00 - 9:00



WED

13

2VOX

A Zine for young people, made by young people. For creative team only

Ages 10 - 25 4:00 - 5:15

FRI

15

[BAND] JAM SANDWICH

Plug In, Tune Up. Play Loud.
Registrations are a must!!!

Ages 10 - 25 4:00 - 9:00



THURS

21

D.I.Y & ARTS NIGHT

Get hands on with our D.I.Y art afternoon.

Ages 10 - 18 4:00 - 5:30

TUE

26

AMPLIFY

Be apart of a group that plans, develops and delivers music, creative arts and cultural programs for other young people

Ages 12 - 25 4:00 - 5:30

THURS

28

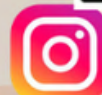
IT'S GIVING ART

Spend the afternoon relaxing, listening to music and crafting with us.

Ages 10 - 18 4:00 - 5:30



FOLLOW US ON SOCIAL MEDIA



@horshamyouth

WINTER Wonderland Disco



FRIDAY 22 MAY 2026

**DIMBOOLA MEMORIAL
SECONDARY COLLEGE HALL**

6:30PM - 9:00PM

**FREE buses available
from Nhill, Rainbow
and Jeparit**

Scan to register



ft.

DJ BUNGA

Song requests available
on the day!

**FREE
FOOD**

Photobooth

Prizes for best
dressed

Board games
and activities

FOR MORE INFORMATION, PLEASE
CONTACT OUR YOUTH OFFICER ON
(03) 5391 4444 OR EMAIL
YOUTH@HINDMARSH.VIC.GOV.AU



Stawell Amateur Athletic Club &
Grampians Youth Events present

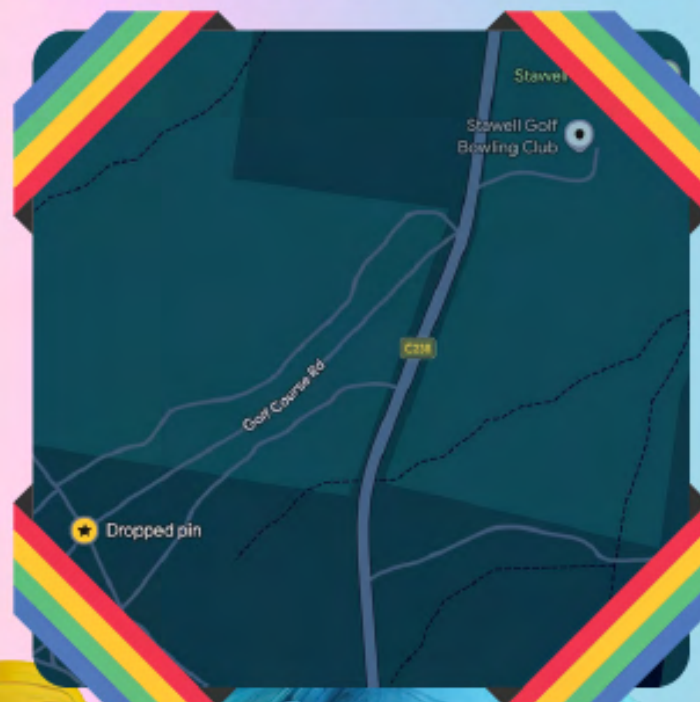
COLOUR RUN

FOR IDAHOBIT DAY

Sunday, 17th of May

8:50am registration
for 9:15am start

Ironbarks - Corner of
Centre and Golf Course Roads



T-Shirts \$5 cash only or BYO white shirt

This a free, family friendly, drug, alcohol,
smoking and vaping free event

Raising BodyKind Teens

Want to support body confidence in teens?

This session provides information and practical tips to help parents support positive body image in teens. It encourages all members of the family to be BodyKind; kind in the way they move, nourish, nurture and speak about their own body and others. Importantly, it provides guidance on what to do if you are concerned and how to be a positive role model.

KEY THEMES

- How positive body image protects against the development of serious body and eating issues.
- Key influences on body image, including diet culture, and social media.
- Strategies to reduce appearance talk and body comparisons and increase positive online experiences.
- How to respond to negative body talk and appearance bullying/teasing.
- Supporting Body Kind eating, movement and selfcare in teens.
- The importance of early intervention and what to do if you are concerned

Where: Wellbeing Centre, 28 Urquhart Street, Horsham

When: Wednesday 27th May

Time: 6:00pm - 7:30pm

Cost: FREE

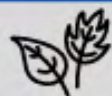
Contact us
earlyhelp@vt.uniting.org
(03) 5362 4000

Learn more
unitingvictas.org.au



Uniting

What's On HORSHAM & SURROUNDS



Saturday 2nd 9.00am-1.00pm

Haven Market

The Haven Market is just 5km from Horsham, conveniently located alongside the Henty Hwy. Haven market offers a wide range of stalls featuring locally grown produce and homemade goods, something for everyone to enjoy. Haven Recreation Reserve.

Monday 4th - Walk Starts at 6pm

Wimmera Committee Against Family Violence Shine A Light - Walk



An annual walk from Ward Street to the Soundshell to raise awareness for Domestic Violence. All welcome to meet in Ward st before 6pm. We march together to the soundshell where a presentation/speakers will take place.
May is Domestic & Family Violence Awareness Month

Sunday 10th 8am to 11am

2026 Mothers Day Classic Horsham

This Mother's Day Classic event, was established for local community members to raise funds and awareness for breast and ovarian cancer research whilst participating in a local walk/run. Sawyer Park - register at www.mothersdayclassic.com.au

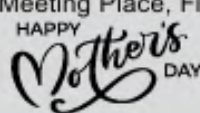
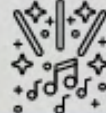


Sunday 10th 11am-5pm

Mothers Day at the Riverfront

Live Music from 1pm-5pm.

Enjoy food & drinks from, The Snak Shak, Craveyard, Big Bertha, Scoops Ice Cream, Hot Jam Donuts, Voddy & Vacay. Riverfront Meeting Place, Firebrace St.



Monday 11th May - Friday 22nd May Australian Red Cross - LifeBlood Horsham Mobile Donor Centre



Lifeblood's Mobile Blood Donor Centre is taking donations in Horsham this month.

Located in Dixon Drive, Near Angling Club, Horsham. A blood donation only takes one hour of your time, and that one donation can save up to 3 lives. To register, check eligibility and book an appointment visit our website www.lifeblood.com.au, download the Lifeblood app or call us on 13 14 95.

Saturday 16th & Sunday 17th Blue Ribbon Raceway

☆ Saturday 16th Racing from 2pm
Super Rods Series, JSPA Junior Sedans RD14, Compact Speedcars, V8 Trucks, Robin Thomas Memorial, Modified & Production Sedans, Vintage Hotrods/ Sedans

☆ Sunday 17th Racing from 11am
Quarter Midgets Club Show.

1650 Blue Ribbon Rd, Kalkee.
www.blueribbonraceway.com.au



Last Sunday Of Every Month 10.30am-12.30pm BBQs For Men

Mr Perfect is a community organisation connecting men across Australia over a relaxed free BBQ to chat about all things life.

The next BBQ is Sunday 31st May, Weir Park Horsham.

FREE Community BBQs For Men.

For More info mrperfect.org.au



Friday 22nd & Saturday 23rd

Horsham Chaplaincy Committee Book Fair

This 2 day Community book fair is packed with preloved books of all kinds; fiction, non-fiction, children's, hobbies plus lots more. All Books \$1 Cash Only

All funds raised go directly to the Horsham College Chaplaincy Program. Friday 22nd 12 noon - 9pm

Saturday 23rd 9am - 12pm

Ian Maroske Hall, Dimboola Rd



Saturday 30th 9.00am-1.00pm Jung Market

Held at the Jung Recreation Reserve on the last Saturday of every month (except Dec 3rd Sat)
The market has a wide range of local produce & products from stall holders.

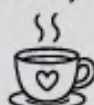


Monday 25th Entry from 12pm, Auction starts at 1pm. Horsham RSL - Cent Auction

Lots of Prizes to be won, Including a lucky door prize.

\$5 Entry Per Person. Afternoon Tea Supplied,

To book your table call Horsham RSL, McLachlan St, Horsham 5382 5222



Please note that all events are correct at time of distribution.

Horsham & Grampians Visitor Information Centre take no responsibility of any advertised events that have been postponed or cancelled



Horsham & Grampians Visitor Information Centre
Open Daily 10am-4pm (Closed ANZAC Day, Good Friday & Christmas Day)
Located within Horsham Town Hall - 71 Pynsent Street Horsham
Free Call 1 800 633 218 | tourism@hrcc.vic.gov.au | visithorsham.com.au



What's On HORSHAM & SURROUNDS



★ Performances

Melbourne International Comedy Festival 2026
Wednesday 20th May, 7.30pm

Velveteen Rabbit
Friday 22nd May, 4.00pm

Bjorn Again: ABBA Forever Tour
Friday 29th May, 7.30pm

Lehmo: Camper Van Go up-close
Sunday 21st May, 7.30pm



★ Children's Workshops



Mini Makers - With Jess
Now on Mondays, 10am-11am
Free 0-2 yr olds, \$5 for 3-6 yr olds
Education room @ The Gallery
4th May, 11th May, 18th May, 25th May, 1st June



★ Current Exhibitions

Demi Kromidellis: Ancestral Silence
14th February - 24th May 2026

**Werrin Wile Gan-Soft Possum Gowns:
Kelly Koumalatsos**
7th March-21st June 2026

This Working Life: from the collection
7th March - 21st June 2026

Mack Jost: Gift Collection
Open until 26th January 2027

**View from Here: Highlights from the
National Gallery Collection**
Open until 7th March 2027

★ Adult Workshops **Life Drawing with Bev Isaac**

Thursday May 21st 6pm - 8pm
\$50pperson, \$45pp for HTH Members



For more details & tickets for
events on at Horsham Town Hall &
Horsham Regional Art Gallery,
scan the QR or call 03 5382 9555



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