

headspace Bondi Junction School Newsletter 19



Welcome to our new Centre Manager!

Welcome to Toni (Antonia Ottavio, below), our new Centre Manager!!! Toni has hit the ground running, having previously managed another headspace, as well as having worked for headspace National and the Primary Health Network.



Thank you to Sally and Louise, who kept the centre running smoothly during all the COVID etc changes!

Service Update

We are still using secure video-conferencing or phone to provide young people with 1:1 counselling and support around:

- mental health
- drug and alcohol counselling
- physical health (GP and exercise physiologist)
- staying engaged with education and training
- gender and sexuality issues.

We are accepting referrals – call us on 9366880. If you have issues accessing technology or a private space or engaging in this way, call us! We can look at strategies that might help.

Medicare card required

A reminder that for counselling services at headspace, a Medicare card is required. Anyone over 15 can apply for their own card. The sexual health clinic does not require a Medicare card.

Year 12 Study Circle

Stressed out by study? Wondering what's next? Need some tips for preparing for exams, or study skills? Want to learn to relax in tests? This 10 week study circle is a safe space to chat about and get support around the challenges of year 12.

Lead by our education Specialist Katie and a headspace Clinician, get tips and tricks for success, and/or just share what's going on for you.

When: Mondays 3.30-4.30pm, from 7 September

Where: via zoom.

RSVP: Spaces are limited – book via eventbrite the week before your session. Attend one session or many.

<https://www.eventbrite.com/e/headspace-bondi-junction-free-online-year-12-study-support-group-tickets-117602106065?aff=ebdssbeac>

Sexual Health Clinic OPEN

Our drop-in sexual health clinic is OPEN again, seeing young people in person in the centre, from 1-5pm on Mondays and 2-6pm on Wednesdays.

People need to phone us from the front door to be let in and to complete COVID screening. A mask will be made available on arrival, if you don't have your own.

Wear it Purple Day – supporting LGBT youth



Above: headspace staff celebrating Wear It Purple.

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The PUSH-UP Challenge – a BIG THANK YOU!



Thank you for those who participated, and those who donated. In total over \$16000 was raised for headspace Bondi Junction. Thanks to teams Rose Bay Secondary College School Captains and Gym Boets for participating.

Tuning into Teens - Online

We are running Tuning into Teens this term via Zoom. We'll let you know how it goes!

Save money and support headspace with



Support headspace while treating yourself and managing your budget - The Entertainment Book has loads of discounts on take-away food stores.

www.entertainment.com.au/orderbooks/9411e60

Tips and tricks on social media

Like our facebook or insta for tips on surviving and thriving during #iso. We have lots of new content.



https://www.instagram.com/headspace_bondi_junction



<https://www.facebook.com/headspaceBondiJunction/>

headspace at Home

Join social work student Felix as he navigates #iso, including discovering telehealth. On fb, insta or web.



Education support

Struggling with school? Don't want to drop out, but need some help finding the right pathway? Our Education Specialist can help. Available Mondays. Call 02 93668800 to find out how.

Recruiting

We are currently recruiting Private Practitioners to work at headspace Bondi Junction – psychologists, social workers or occupational therapists. They need to be eligible for a Medicare provider number.

International Students Information Pack

Our Youth Reference Group has been hard at work developing an information booklet for international students. Includes basic information about Australia's mental health system, OSHC, and places where support is available. Thanks to Bayside Council Grants who will fund the printing!



International Students Information Pack



Online chats

ehespace "Spaces" are peer or clinician moderated online chats on various topics, on most evenings.

<https://headspace.org.au/ehespace/spaces/community/80192/>

Crisis supports

If you need immediate support, please contact:

Lifeline (24x7 phone support): 13 11 14

NSW Mental Health Line: 1800 011 511

Kids Helpline (for people under 25): 1800 55 1800