

## headspace Geelong

# mental health promotion resources for schools and community organisations winter 2020 update

Due to the uncertainty regarding the COVID-19 restriction levels, to protect the health of the community, headspace Geelong have altered our mental health education offerings to secondary schools in the Greater Geelong region for the remainder of 2020. Below are the resources we can offer to schools;

To request access to any of the resources or for further information please email; [Sheldan.alexander@bcyf.org.au](mailto:Sheldan.alexander@bcyf.org.au)

### 1. Webinar; **Looking after yourself and your friends** (30min)

A prerecorded, 30-minute webinar, focused on tips for young people on looking after their own mental health as well as the warning signs their peers may be struggling with mental ill-health and the steps they should take if they notice this.

Webinar available for years 7&8s (12-15 year olds) and 9s-12s (15-19 year olds)

There should be at least 15 minutes after the showing of the webinar dedicated to classroom discussion on the themes discussed as well as to highlight any mental health supports offered within the school.

### 2. **Follow up live Q&A over Zoom** (30mins)

After a class/group have watched our webinar there is the opportunity to arrange a follow up session live on zoom to answer any further questions the young people have. Questions can be submitted via the teacher, who can forward them on to the headspace facilitator, or via an anonymous survey monkey link, dependent on the preference of the school/organization.

These sessions provide a way for young people to find out more information about headspace Geelong and mental health as well as to develop a more personalised connection to the service. Questions from groups so far have varied from “can you explain more about duty of care?” to “will headspace be offering phone and video services post covid?”.

### 3. Presentation with Q&A from young person with lived experience of mental ill-health (30 mins)

The headspace Geelong Youth Futures Crew (YFC) are a group of young people who are passionate about creating awareness of mental health and promoting help seeking. Some members of our YFC are available to share their mental health journey with a small (<25) group of young people and answer questions at the end.

Please contact Sheldan if you would like to arrange a session with our YFC.

### 4. Workshop; student led mental health initiatives (1-1.5hrs)

A headspace Geelong facilitator can come into your school and meet with a small group of students and staff (up to 10) to discuss health promotion activities that they can implement within the school as a leadership group.

This could be student led promotion of wellbeing supports available at school and organization of mental health days, social inclusion activities or longer-term plans to incorporate wellbeing activities or mental health education into the classroom. The headspace facilitator can advise on evidence behind such activities and strategies that may help with effectiveness as well as providing resources.

### 5. Resources, posters and fact sheets

headspace Geelong has access to fact sheets, posters and other resources that have been produced by headspace National, Australia's national youth mental health foundation. We are most happy to deliver these to your school to display within your wellbeing center.

If you would like any of the below hard copy resources, please email Sheldan with up to 12 fact sheets and the posters you would like.

Online, printable fact sheets, and additional resources can be found here <https://headspace.org.au/health-professionals/resource-library/fact-sheets/>

01 - Alcohol	16 - Sex & Sexual Health
02 - Anger	17 - Sexuality & Mental Health
03 - Anxiety	18 - Tips for A Healthy headspace
04 - Bipolar	18a - Get into Life
05 - Bullying	18b - Learn How to Handle Tough Times
06 - Dealing with relationship breakups	18c - Build Close and Connected Relationships
07 - Depression	18d - Eat Well
08 - Eating Disorders	18e - Get Enough Sleep
09 - Gender Identity & Mental Health	18f - Cut Back on Alcohol & Other Drugs
10 - Getting Help from A GP	18g -Stay Active
11 - Grief	19 - What Is Mental Health
12 - If Your Friend Is Not Okay	21 - Screen Time
13 - Psychosis	22 - Understand Gaming

14 - PTSD 15 - Self Harm	23 - Sleep & Gaming
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Poster topics:

- The 7 tips for a healthy headspace
- headspace Digital Word and Study Services
- General headspace information

Online versions of these can be found here:

<https://drive.google.com/drive/folders/1CIHwME0xrE7eV6eBnDcSkJVYztz0Sp1K?usp=sharing>

### Online Resources; headspace Group Chats

headspace run frequent online group chats for young people and their family/supports on a variety of different topics. Young people can join in these conversations and ask questions or simply just sit in and listen.

#### Ongoing weekly peer support chats:

To access the weekly chats you will need to sign up to the spaces function of headspace <https://headspace.org.au/ehespace/spaces/personal/setup/>

- **navigating relationships:** every Monday at 6–10pm AEST
- **qheadspace:** every Tuesday at 6–10pm AEST
- **general coping:** every Wednesday 6–10pm AEST
- **yarnspace:** fortnightly Thursdays 6-10pm AEST supporting others: fortnightly Thursdays 6-10pm AEST

Themed upcoming group chats for young people and their family and friends can be found here: <https://headspace.org.au/ehespace/group-chat/upcoming-chats/>

To discuss these or any additional mental health promotion needs please email [Sheldan.Alexander@bcyf.org.au](mailto:Sheldan.Alexander@bcyf.org.au)