

# what's on at headspace – community engagement sessions 2022

Our community engagement sessions are listed below. Let us know what sessions you are interested in headspace Katherine providing at your school, service or community in 2022. Don't hesitate to get in contact to discuss further or organise a meeting to explore the workshops and schedule in dates for 2022.

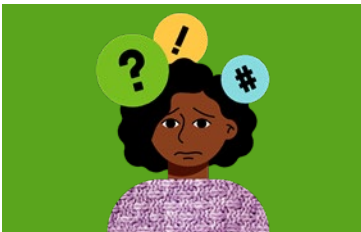
We are also happy to discuss alternative workshops that best suit your needs if they are within our scope of practice. Please get in touch early so you don't miss out!

Phone headspace Katherine on 8912 4000 or email [headspace.katherine@anglicare-nt.org.au](mailto:headspace.katherine@anglicare-nt.org.au) to find out more.



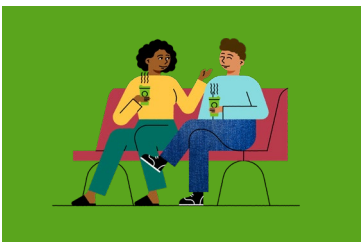
## What is headspace Katherine? 1 hr session

This one-hour session provides an overview about headspace Katherine, how to refer and what services are available. It introduces mental health and explores factors that may impact a person's wellbeing. It is an interactive session and discusses self-care tips for keeping a healthy headspace.



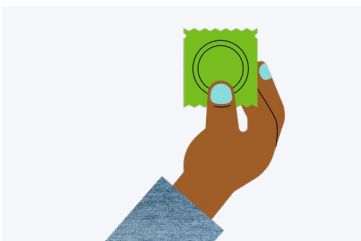
## Stress management and self-care: 1 hr session

This session provides information about stress and anxiety. It explores what anxiety looks and feels like physically, emotionally, and psychologically. The session provides stress management techniques and explores different types of self-care.



## Parent/carer information session: 1.5 hr session

This session provides information for parents/carers about mental health and contributing factors that may impact a young person's wellbeing. It discusses adolescent development and explores self-harming behaviours and how to support a young person who may experience self-harm behaviours.



## Sexual health/healthy relationships: 1 to 2 hrs

Meg is our amazing Sexual Health Nurse who can provide workshops in conjunction with headspace staff about sexual health, healthy relationships, sexuality/gender identity, STI's, contraception, keeping safe and much more. Please get in contact to let us know what topics you may be interested in.



## Drug and alcohol session for young people: 1 hr

This session explores why young people use substances and the different categories of drugs. It uses a harm minimisation approach to discuss substance use and explores how to stay safe if a young person decides to use substances.

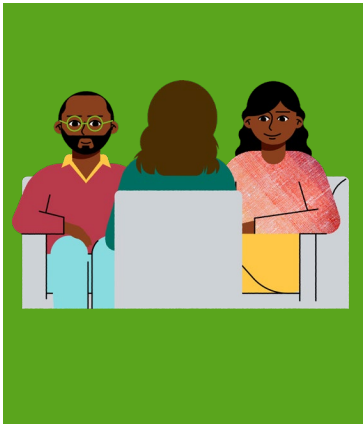


### **Youth Advisory Group (YAG): 1 hr**

The headspace Katherine Youth Reference Group is a committed group of young people who have a keen interest in mental health. The group meets every 2 weeks for one hour.

In this group, you will:

- gain an understanding of mental health issues
- have input into the running of a mental health service
- have opportunities to advocate for improved youth related services in the Katherine region



### **Orygen Brief Interventions Toolkit for professionals: 1.5 hrs**

This session is suitable for professionals, teachers, health care providers and case managers who are in direct contact with young people and want to build their capacity in providing mental health support. This workshop explores the Orygen Brief Intervention in Youth Mental Health Toolkit to learn evidence based practical skills that can be utilised with young people. The toolkit provides skills in relation to problem solving, exercise for wellbeing, anger, communication, understanding mood/ anxiety, mindfulness/relaxation, understanding and accepting myself, sleeping well and nutrition for wellbeing.

**Contact headspace Katherine on 8912 4000 or email [headspace.katherine@anglicare-nt.org.au](mailto:headspace.katherine@anglicare-nt.org.au)**

headspace Katherine is operated by Anglicare NT and funded by the Northern Territory Primary Health Network (NT PHN), an Australian Government Initiative