

headspace Edinburgh North Newsletter

April 2016



Centre Update

What's been happening at headspace Edinburgh North over the last month?

Community Connections

headspace Edinburgh North is continuing to connect with the community by delivering presentations within our local community and schools, attending local events, and running programs and training for young people, parents/carers and service providers.

With National Youth Week being one of the biggest events on the calendar for young people headspace were invited to attend many events in the northern region. We were lucky enough to attend the amazing event held in Gawler (Page 8) We were also lucky to be apart of Nuriootpa High Schools Wellbeing day, providing the students with information on mental health and self care.

Northern Health Network also held their annual Art Competition with the theme being 'Healthy For Life'. The day was high successful and a great celebration of all the hard work the artists put in.
(page 3)

Upcoming Events:

- The RACE—May 7th
- St Patricks PASS!—5th May

For more information on any of our upcoming events or if your school or community group is interested in headspace coming out to present or having a stall at a community event please contact Georgie Brown at the office on 08 7073 7080 or fill out the online form at <https://headspace.typeform.com/to/XXKMRR>



Staff Profile

Name: Vince

Position: Youth Worker

What do you enjoy about working at headspace? I am able to help and support the Northern Community

Who would you most like to meet? Che Guevara

If you could have any super power what would you have? Open my eyes under water

One word to describe yourself: wholehearted

Favourite things to do: Walk my dogs



Rainbow Mates

Rainbow Mates is a group aimed at young females who are bisexual/same-sex attracted or are questioning their sexuality, and young people who identify as transgender or gender diverse between the ages of 12-25.

The group meets in Salisbury at Twelve25 Youth Enterprise Centre on a fortnightly basis afterhours. A light dinner is also provided with refreshments. The purpose of the group is to provide young people with a safe and respectful place to explore and express their identity free from judgment and stigma.

The content is driven by the needs of the participants which can include areas such as guest speakers discussing various health related topics, community event planning, discussing current events and media content as well as providing a generalised supportive environment and relaxed atmosphere.

For more information, please contact Keira or Georgie at the headspace office on **08 7073 7080**.

Rainbow Mates

Are you aged between 12-25 years old?
Are you a female that identifies as a lesbian, bisexual, queer or transgender person?
Are you questioning your sexuality or gender identity?

Come along to Rainbow Mates!

headspace Edinburgh North and Salisbury Twelve25 are working together to provide young people a safe space to talk about sexuality and gender, without fear of being judged or criticised.

Contact headspace on 7073 7080 for information regarding times and dates or for a chat about coming along!

This group is a joint project between Twelve25 Salisbury Youth Enterprise and headspace Edinburgh North

Northern Health Network



Healthy For Life - Art Competition

On April 13th Northern Health Network (NHN) held their annual art competition with this years theme being Healthy For Life.

The aim of the art competition is to raise public awareness towards good health and to encourage conversations about what contributes to a healthy and balanced life.

Art pieces (crafts/paintings/photography/decorations) reflecting on how they interpret the following questions:

- What does staying healthy mean to you? Relate your opinion to past experiences, your present life and what you would like to achieve in the future.
- How can everyone achieve a healthy and balanced lifestyle? Show us your envisage of a healthy community.

With an adult and a youth category the range of artwork was fantastic which made the job of the judges even harder. The event was well attended by the community and various organisations promoting good health and wellbeing. A big congratulations to all winners and congratulations and thank you to all that entered artwork. We look forward to the bigger and better things next years event will bring.





THE COUCH CAN Wait

Girls MAKE YOUR MOVE

When you make your body move, your heart beats faster. Your senses feel alive and you think more clearly. You can join a team or find your own thing, but whatever you do, make your move.

Get started at australia.gov.au/girlsmove

GIRLS MAKE YOUR MOVE!

It's time to get active. It's not about ability, and it's not about perfection – it's about having more energy and feeling better.

Putting yourself first. Get out there with friends, or get active by yourself. Have fun, it's not about competition and it doesn't have to be an organised sport. Being active makes you feel good.

Why girls? Research shows that when young women exercise they do so at a lower level of intensity and have higher amounts of sedentary time than young men. Additionally, young women face a number of additional barriers - girls don't want to be judged or ridiculed, and they can be self-conscious about how they might look when exercising.

The 'Girls make your move' campaign has been inspired by Sport England's successful 'This Girl Can' initiative which has already encouraged nearly 3 million women to be more active.

Quick facts

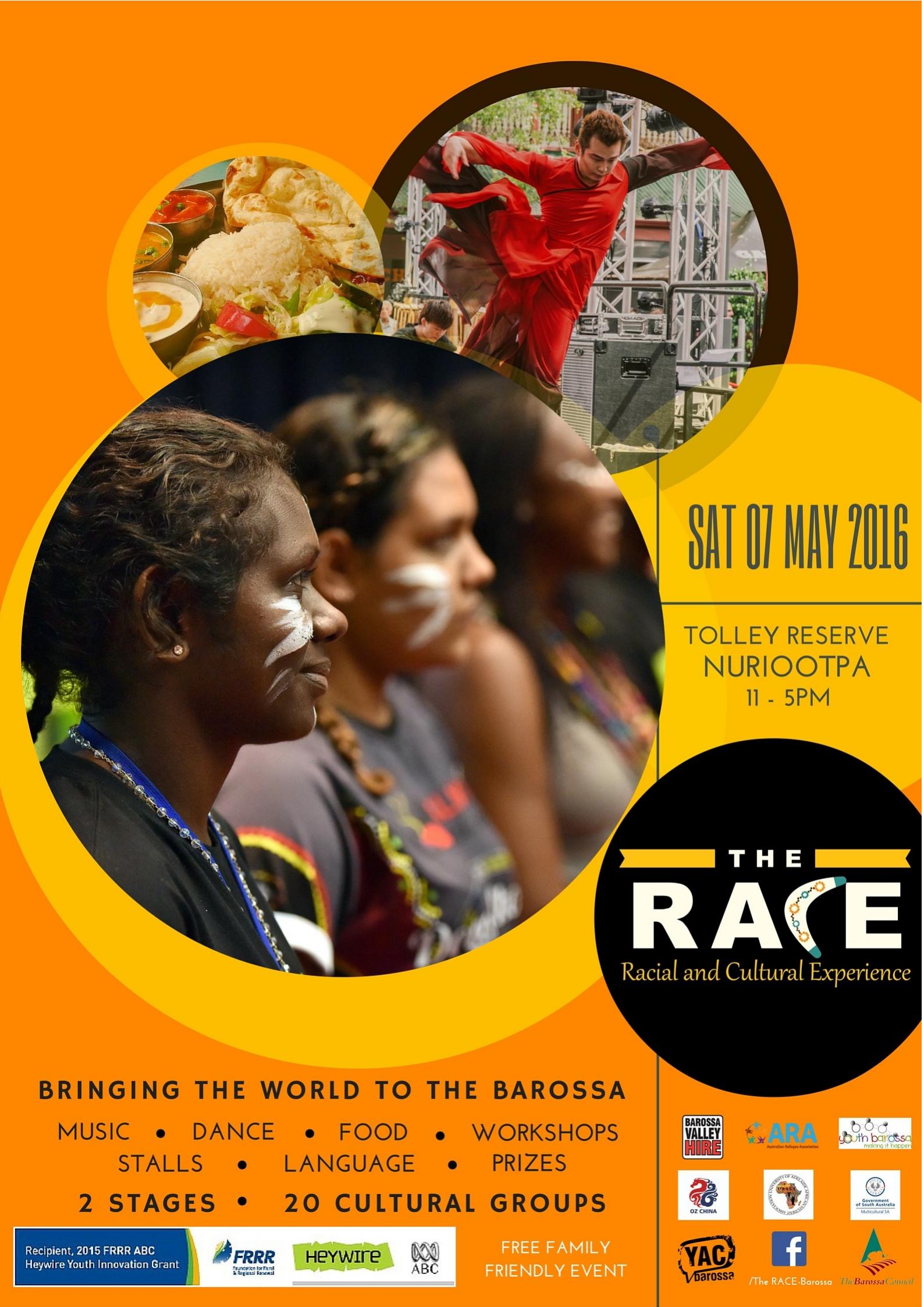
- 9 in 10 Australian young people don't move enough and nearly 70% of Australian adults (i.e. almost 12 million adults) are either sedentary or have low levels of physical activity.

Guidelines recommend at least one hour of physical activity every day.

- When young women exercise they do so at a lower level of intensity and have higher amounts of sedentary time than young men.
- Regular physical activity, even of moderate intensity, reduces the risk of diseases such as cardiovascular disease, type II diabetes, osteoporosis, colon cancer, and obesity and injury.
- The benefits of regular physical activity go well beyond those of disease prevention. It can help manage stress, alleviate depression and anxiety, strengthen self-esteem, enhance mood and boost mental alertness⁶.
- Physical activity provides social benefits through social interaction. Among children and adolescents, regular physical activity and exercise has been associated with improved school performance, a greater sense of personal responsibility and group cooperation, and less drug and alcohol consumption.
- Young women experience a number of barriers that prevent them from being as physically active as young men. Research has identified the fear of being judged or ridiculed as a key barrier for young women wishing to be physically active.

For more information, activity ideas or how to get involved visit www.australia.gov.au/girlsmove





SAT 07 MAY 2016

TOLLEY RESERVE
NURIOOTPA
11 - 5PM

THE RACE

Racial and Cultural Experience

BRINGING THE WORLD TO THE BAROSSA

MUSIC • DANCE • FOOD • WORKSHOPS
STALLS • LANGUAGE • PRIZES
2 STAGES • 20 CULTURAL GROUPS

Recipient, 2015 FRRR ABC
Heywire Youth Innovation Grant



FREE FAMILY
FRIENDLY EVENT



/The RACE-Barossa TheBarossaCouncil

JOIN US!!

MUSIC

- AFRICAN MUSIC - DESMOND TUCKER
- BAROSSA AND DISTRICT PIPE BAND *
- BASSAM AJRISH & FAMILY (LEBANON)
- BRUTHA N' I (KAURNA)
- GABRIEL BORGES (BRASIL)
- TANUNDA MEN'S LIEDERTAFEL
- URBAN PUNJABI DJ



DANCE

- ADELAIDE LATVIAN RELIEF SOCIETY *
- BOSNIAN COSSACK DANCE GROUP
- DANCA BRASIL ENTERTAINMENT *
- HOT FOR JOE MORRIS DANCING *
- FUSION BEATS - INDIAN DANCE GROUP *
- OZCHINA CULTURAL COMMUNICATION *
- UNI OF ADELAIDE AFRICAN ASSOCIATION *



FOOD

- ADELAIDE LATVIAN RELIEF SOCIETY
- AFRICAN SOCIETY AT UNISA
- BAROSSA WURST HAUS & BAKERY
- CRUNCH N' MUNCH - BOMBAY STYLE STREET FOOD
- FINNISH SOCIETY OF ADELAIDE
- HEADSPACE - POPCORN
- INDIAN AUSTRALIAN ASSOCIATION OF SA (IAASA)
- KAMPUNG KITCHEN
- LIL' BLUE VAN
- PAKISTANI WOMEN'S FRIENDSHIP GROUP
- RUBY'S DINER DE WHEELS
- TOLY VIETNAMESE FOOD TRUCK
- UNI OF ADELAIDE AFRICAN ASSOCIATION

STALLS

- ABORIGINAL CENTRE FOR INFORMATION AND ARTS SA
- AFRICAN SOCIETY AT UNISA *
- AUSTRALIAN REFUGEE ASSOCIATION
- BAROSSA AND DISTRICT PIPE BAND *
- BAROSSA DISTRICTS FREESTYLE MARTIAL ARTS CLUB *
- BAROSSA GERMAN LANGUAGE ASSOCIATION *
- FINNISH SOCIETY OF ADELAIDE *
- HENNA ARTIST - SANJIV KUMAR SATIJA
- YOUNG LIFE
- PAKISTANI WOMEN'S FRIENDSHIP GROUP
- RUSTED TIN CONTEMPORARY INDIGENOUS ART *
- UNI OF ADELAIDE AFRICAN STUDENT ASSOCIATION *
- YAC BAROSSA *

*Cultural Challenge Station!



Gawler Youth Week!

With youth week being the biggest event on the calendar for young people Gawler did not disappoint with their amazing event 'Fun in the Park'. With loads of things for the young people to do including BMX, Scooter and Skateboard competition, bubble soccer, sumo suits, aerosol art, DJ and heaps more the young people were defiantly not disappointed and didn't want the day to end.

A free BBQ and drinks was provided thanks to Blue Light Gawler which kept everyone full and energised for the day. Information was provided from organisations such as TafeSA, Anglicare, NACYS, Northern Carers Network and of course headspace Edinburgh North.

Town of Gawler and the Gawler Youth Advisory Committee are always holding different events and activities around Gawler. If you would like more information visit <http://youth.gawler.sa.gov.au/>



This amazing art work was done by Robyn and Scott from Anglicare

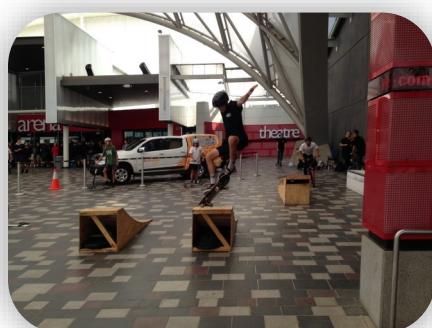
Elizabeth Riders Committee (ERC)

The Elizabeth Riders Committee is made up of young people between the ages of 12-20 years who have a passion for everything associated with skate parks in the Northern Area. The committee has now been running for 8 years and are supported by the City of Playford, Anglicare SA and by headspace Edinburgh North.

Young people in the Elizabeth Riders Committee have:

- Run nine massive skate competitions with over 5000 young people in attendance.
- Run workshops to over 480 young people.
- Given feedback to local Councils regarding the building and maintenance of their skate parks.
- Have travelled across Australia including Elizabeth, Port Pirie, Whyalla, Salisbury, Wallaroo, Moonta, Gawler, Nuriootpa, Mannum, Cambrai, Kangaroo Island, Canberra, Brisbane, Jamestown, Port Augusta and Melbourne.
- Judged Skate competitions and completed community demonstrations
- Have completed a Senior First Aid course, rider safety training and healthy eating training.
- Have been trained in public speaking and have facilitated presentations to over 680 people.
- The ERC have obtained countless local, state and national awards including
- Australian Crime and Violence Prevention Awards (SA Merit) 2014;
- National Local Government Awards for Youth Engagement Participation (2013)
- Anglicare Australia Award for Innovation (2013)
- Bring a fresh, fun approach and show other young people how to be leaders.

As of recent the ERC has completed various activities including a leadership day, RAA Street Smart demonstrations and holiday program scooter maintenance.



What's on!

Gawler

Bluelight Disco

Friday March 4th 7:00pm-10:00pm
Starplex Gawler, \$6
8-17 Years old, Tickets at the door



Salisbury

Youth Fitness Challenge Sessions

Mondays 4pm-5pm
Salisbury 12-25 Youth Centre
\$15 for 9 sessions
Group exercise sessions with a personal trainer. For young people 25 and under.
Sneakers are required.
Kate Kitching—84068555



To celebrate SA history Month, YAC Barossa invite you to join us on a guided tour of the **most haunted hotel** in Australia.

Want to meet a ghost?

Friday, 13th
May, 2016
6:45—10pm

Limited spaces available. Be quick!

Ticket cost: \$20 pp inc. transport

Age limit: 14—25 yrs

Pickup/drop off: Barossa Council Office

Bookings and enquiries:

E: jbailey@barossa.sa.gov.au

Ph: (08) 8563 84400

<https://www.facebook.com/Youth.BarossaCouncil>



Kapunda Ghost



What's on!

Tea Tree Gully

Youth Body Art Workshops

Thursday May 5th 4:00pm-6:00pm

City of Tea Tree Gully Library

571 Montague Road, Modbury

Ages 14-25

\$5 Per session, Bookings are essential Contact Carly Didcote—83977262

Vanessa from Voodoo Body Art will teach—Brush stroke techniques, blending colours, how to apply body art designs.

Cover2Cover Youth Book Group

Wednesday 04 May 2016 - 4:30PM

City of Tea Tree Gully Library

571 Montague Road, Modbury

Talk about books you love, hate or have never heard of with other young people.

Barossa

The RACE

Saturday May 7th 11-5

Tolley Reserve, Nuriootpa

FREE

The RACE—Racial And Cultural Experience
Food trucks with foods from around the world

A stage showcasing the colour, music and vibes of different cultural groups
Arts and crafts, and much much more.

If you are interested in participating or helping out or For more information contact Jeannine

Malcolm, Coordinator—Youth services, Barossa Council

Jmalcolm@barossa.sa.gov.au

0417503243



Build on Your Knowledge

Youth Mental Health Forum 2016

9am-5pm, Friday 20 May



Are you a young person, or someone who works with young people?

Do you want to hear about the most recent developments and research related to youth mental health?

If you answer 'yes' to any of the above, we have a great news for you!

The Northern Health Network (NHN) and headspace Edinburgh North are holding a Youth Mental Health Forum in Adelaide.

Young people and professionals are formally invited to attend the event and hear from world-class researchers and practitioners in the youth mental health field.

Event Details

Time & Date

9am to 5pm
Friday 20th May 2016

Registration

Go to our Eventbrite page to secure your place!
youthforum2016.eventbrite.com.au

General Enquiries

For general enquiries, contact Georgie Brown from the NHN on (08) 8209 0700 or email enquiry@northernhealth.net

We look forward to seeing you there!

Attendance Cost

\$40 per person

All payments made online via Eventbrite. Only credit cards are accepted.



better care better health



Presented by

Youth Mental Health Forum 2016

9am-5pm, Friday 20 May 2016



Implementing Community-Based Support & Client-Centred Care for Young Persons

We would like to take this opportunity to formally invite you to the **Youth Mental Health Forum 2016** on Friday, 20th May 2016.

The NHN and headspace Edinburgh North have a proud history of providing client-centred care in the north and north-eastern regions of Adelaide.

We stand ready to work alongside key partners to support young people experiencing difficulties in their life and their family and carers. Through an all-inclusive approach, we strive to deliver the best quality of care and ensure clients are empowered to look after their own wellbeing in the long term.

The Forum is an excellent opportunity for participants to connect with local service providers and to learn more about youth mental health. I look forward to seeing you at this truly special event.

Other Speakers



Mr Sageran Naidoo
NHN CEO



Mr Steven Wright
Centre Manager,
headspace Edinburgh North

Professor Barbara Spears
from the University of South Australia
— *Cyberbullying amongst Young People*

Dr Daniel King
from the University of Adelaide
— *Online Gaming in Young People:
When does it become problematic?*

Dr Matthew White
from the St Peters College, Adelaide
— *Building Resilience into Schools*

Ms Sowaibah Haniffie
— *Engaging with CALD Youth & Countering
Extremist Influences on CALD Youth*

Ms Natalya Giffney
from Shine SA
— *Engaging with Young People from the LGBTQ
Community & the Safe Schools Program*

Ms Narisha Cash
from Tandanya
— *Working and Engaging with Aboriginal &
Torres Strait Islander Young People*

Dr Kate Bartel
from the Flinders University
— *Sleep in Adolescents*

The result has been the creation, evaluation and upscaling of stigma-free, holistic and recovery-oriented models of care for young people and their families. The work of Patrick and key research colleagues at EPPIC and Oxygen has influenced health policy in Australia and many other countries.

Patrick is a founding board member of headspace, and Headstrong, the National Youth Mental Health Foundation of Ireland. He is a Fellow of the Academy of the Social Sciences in Australia, and has been the recipient of numerous awards – including the Australian Government Centenary Medal in 2003, and the Founders' Medal of the Australian Society for Psychiatric Research in 2001. He was the 2010 Australian of the Year.

Thought Leaders

It is important in this time of innovation and reform that we reflect on best practice and significant learnings from those who work within the youth sector.

The NHN has convened this forum as an opportunity to hear and learn from a wide variety of key researchers and practitioners in the sector, whilst also to build partnerships and linkages between services across the Adelaide region.

We are delighted to announce that Professor Patrick McGorry AO will be headlining this forum event with a keynote focusing on the agenda for youth mental health services post the government's response to the National Mental Health Commission's review 'Contributing Lives, Thriving Communities - Review of Mental Health Programs and Services'.



Prof. Patrick McGorry AO
Forum Lead Speaker

Professor Patrick McGorry AO is Professor of Youth Mental Health at the University of Melbourne, Director of Oxygen Youth Health and Oxygen Youth Health Research Centre, and Patron of the Young and Well CRC. He received his medical degree from the University of Sydney and doctorates from Monash University and the University of Melbourne.

Patrick is a world-leading clinician, researcher, and reformer in the areas of early psychosis, early intervention and young mental health. His work has played an integral role in the development of safe, effective treatments and innovative research involving the needs of young people with emerging mental disorders, notably psychotic and severe mood disorders.

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Youth Mental Health Information Session for adolescents, parents and carers

Presentation Details

Date: 11/05/16

Time: 5:30 – 7:30 pm

Presenters: headspace Edinburgh North and staff from State Mental Health Services including Youth Mental Health Service (Gawler and Barossa region)

Venue: Gawler Sport and Community Centre, Nixon Terrace, Gawler SA 5118

Cost: Free

Eligibility: for parents and adolescents (aged 12 and above)

RSVP: Please register to attend by contacting Ebony Steadman at Ebony.Steadman@gawler.sa.gov.au

What is this session about?

The information session shall provide adolescents and /or parents/carers with information about youth mental health and services available for mental health support in Gawler and the surrounding regions. It will also seek to explore participant interest in future seminars specific to other areas of adolescent mental health, parenting or adolescent behavior.

It aims to:

- Introduce staff from various mental health services in the region to young people and parents, and explain services offered
- Reduce young people's perceived barriers to accessing mental health care
- Provide information about a range of emotional, psychological and health concerns experienced by adolescents together with pathways of care
- Promote help-seeking to young people as a strategy for managing mental health problems
- Discuss support available to adolescents, parents and carers

Chilled Plus

ONLINE ANXIETY AND DEPRESSION TREATMENT FOR ADOLESCENTS (12-17 YRS OLD)

The Centre for Emotional Health Clinic at Macquarie University is commencing a new program for adolescents with anxiety and depression that is conducted online. The program has 8 online modules and is accompanied by a 30-minute phone call, per module, with a therapist. The program is based on cognitive behavioural treatment, incorporating the latest research and techniques in working with motivation and negative emotions. Adolescents will learn creative ways to manage emotions and accomplish their immediate goals.

HOW CAN I PARTICIPATE IN THIS PROGRAM

If your adolescent is aged between 12 and 17 years, please contact us to register your interest on 02 9850 6741 or chilledplus@mq.edu.au. Once you have registered your interest, your adolescent will be carefully assessed to determine if the Chilled Plus program is suitable for their needs.

For suitable adolescents: Half of the cohort will be given access to the online treatment program straight away, while half will be put on an 8-week waitlist. Which group your adolescent is allocated to is determined at random, like drawing names out of a hat. However, for adolescents allocated to the waitlist, they will be offered the same online treatment after 8 weeks.

Like all research at the Centre for Emotional Health, your adolescent will be closely monitored by an experienced team of psychologists, who will be available to your family throughout the therapeutic process. We will also look at whether this research has long-term success by monitoring and assessing anxiety and depression levels in adolescents who are part of this program for 3 months after treatment finishes.

HOW DO YOU DETERMINE SUITABILITY FOR PLACEMENT IN THE CHILLED PLUS PROGRAM?

Suitability for a place in this treatment program is based on several factors, which will be assessed via an initial clinical phone assessment interview.

However, the Chilled Plus online program is not suitable for your adolescent if he or she is currently:

- At risk for suicide
- Actively self-harming
- Experiencing unmanaged psychotic symptoms
- In a physically/sexually abusive environment
- Receiving pharmacological treatment and not willing to keep medication stable throughout the duration of the study

- Experiencing bipolar depression
- Unable to speak English
- Unable to access the Internet

These exclusions are in place to ensure that our treatment programs are delivered to adolescents who are most likely to benefit from the program and for whom we are best equipped to offer services. If you are unsure whether your adolescent may have issues in these areas please contact us to discuss their situation.



Photo: Chris Stacey

HOW MUCH WILL THE PROGRAM COST

All assessment and treatment costs are subsidised by your participation in research activities.

For adolescents allocated to the Chilled Plus online treatment group first: \$100 bond: With \$50 refunded after post-treatment interviews/questionnaires and \$50 refunded after 3 month follow-up interviews/questionnaires.

For adolescents allocated to the Waitlist group first: \$50 bond, refunded in total after interviews/questionnaires completed following 8 weeks of waiting.

What's on!

Playford

Flight Nightclub feat. Valhalla

Saturday May 7th 8pm-12am

Northern Sound System

73 Elizabeth Way, Elizabeth 5112

VALHALLA, rising up in the scene will be bringing the big game supported by DROWN THIS FURY, ACROSS THE ATLAS, EXIST and MACHINE CHILDREN.

Tickets available via the Northern Sound System Facebook Page.

Open to all ages!

EXTRA!

Youth public art project with Jessamy Pollock

Tuesday 17 May 2016 at 10:30AM - 2:30PM

The project will unfold over two workshops on 17 and 24 May at Gallery 1855 Studio and one installation session on 31 May at City of Tea Tree Gully Civic Centre, Modbury.

A project for young creatives interested in public art and developing craft and design skills.

Learn to create and install bright and funky outdoor furniture jewellery with contemporary jeweller and object designer Jessamy Pollock.

The project will unfold over two workshops and one installation session.

Registrations close Friday 13 May.

Workshops 1 & 2 - From 10.30am-2.30pm on May 17 and May 24 at Gallery 1855 Studio
Art installation - From 12-4pm on May 31 at Tea Tree Gully Civic Centre



Please register by May 13th Email: youth@cttg.sa.gov.au Phone: 83977262



The Wheels in Motion program has three key components :

1. A 6 hour road safety forum that every young person who would like access to mentored support must attend
2. An interview where the young persons situation is explored to determine if a place can be offered and plans then need to be made for the young person to complete at least 4 hours of lessons with a licensed driving instructor
3. Mentored in car driving experience (1 hour sessions) from either the Salisbury or Playford program base

The mentored driving experience is conducted by specially up-skilled volunteer mentors. A administration charge of \$10 applies to each hour of driving experience.

The program is limited to 15 young people in the Salisbury council area and 15 young people in the Playford council area at any one time. Waiting lists will apply.

Young people who are indigenous, are (or have been) under the guardianship of the minister or with other barriers to getting their P's are encouraged to apply.

* This program targets young people without a accessible, appropriate vehicle in the household where they live and/or young people without access to a licensed supervising driver and where they are with the demonstrated incapacity to afford the of use mainstream commercial driving instructors. Young people that can demonstrate that having their P's would immediately improve their employment or education opportunities also receive some priority.

Thanks to Peter Page Holden Elizabeth for supplying the vehicle.

www.peterpageholden.com.au

Express your interest at <http://e.mybookingmanager.com/WIMEOI2016>

For further information about the program please contact:



Rick Henke
Twelve25 Salisbury Youth Enterprise Centre
Phone 8406 8555



Silvana Cusack
City of Playford
Phone 8256 0155

What's on! Extra

Interview Me

A structured practice job interview. 20 minutes of a real interview experience, 10 minutes verbal feedback and then a written report with improvement suggestions. Check out www.interviewme.wikispaces.com to download the job advert you wish to apply for.

Free, Twelve25 Salisbury Youth Enterprise Centre, 17 Wiltshire Street Salisbury, to book an interview contact: Twelve25 on 8406 8555

Youth Tutoring

Low cost tutoring sessions in high school maths and physics

1 hour sessions, \$15.00

Tuesday's and Friday's, 4-5pm and 5pm-6pm

Twelve25 Salisbury Youth Enterprise Centre - 17 Wiltshire Street Salisbury

Call 8406 8555 for bookings

Homework Club

Every Monday from 4:00pm-6:00pm

Tea Tree Gully Library

571 Montague Road, Modbury

Available during school terms

Gawler Youth Sports Person Sponsorship Program

The Town of Gawler recognises and encourages the achievements of young people aged 12-25 years of age in our community, by providing sponsorship for State and/or National representation in sporting activities. Sponsorship of \$200 for State representation and \$300 for National representation is available. For more information visit www.youth.gawler.sa.gov.au or call 08 85229295

Youth Advisory Committee (YAC)

Our Youth Advisory Council (YAC) is a group of young people aged 12-25, who are actively involved with headspace Edinburgh North in a number of ways. Young people on the YAC help make headspace Edinburgh North more youth friendly, through having a say in how our center looks and feels, as well as our community awareness projects and center promotions.



In addition to having a great time and meeting new friends, young people will be rewarded for their involvement wherever possible and are provided with training opportunities to expand their knowledge and skills. If you're interested in joining the YAC, or have a question please contact Trepheina Gartley, headspace Edinburgh North Youth Worker on 7073 7080 or tgartley@northernhealth.net.

Contacting headspace

You can call us on: **(08) 7073 7080**

Check out the website:

www.headspace.org.au/edinburghnorth

Email us:

enquiry@northernhealth.net

Chat with a counselor anonymously

online: www.eheadspace.org.au

If you would like headspace Edinburgh North to add your upcoming event or workshop into our monthly newsletter please contact Georgie Brown on 08 70737080 or gbrown@northernhealth.net

Like us on Facebook
**headspace Edinburgh
North**

