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PACKAGES FOR SCHOOLS

What is headspace?

headspace is the National Youth Mental Health Foundation providing early intervention mental health services to 12-25 year olds, along with assistance in promoting young peoples' wellbeing. This covers four core areas: mental health, physical health, work and study support and alcohol and other drug services.

headspace Bendigo understands the importance of mental health promotion and seeks to improve young people's mental health literacy, build resilience and increase help seeking behaviour.

For your convenience, we've packaged our mental health promotion programs.

Packages:

- 1. Basic headspace package:** a 60-minute overview of mental health, depression, anxiety and how to seek help.
- 2. Full headspace package:** a 6-week in-depth program offering a range of information such as:
 - what is mental health
 - depression and anxiety
 - sleep
 - exercise and diet.
- 3. headspace bullying education and prevention kit:** a 6-part program offering a range of workshops such as:
 - The lowdown on bullying
 - Types of bullying
 - Responding to bullying
 - Bystanders
 - Communicating online
 - Mentors and messengers.
- 4. LGBTIQ+ inclusiveness workshops:** our Healthy Equal Youth (HEY) project worker can deliver class room workshops on sexuality, intersex and gender diversity. The workshops are interactive with activities and videos to engage students. Session times are 60–90 minutes and covers:
 - The differences between biological sex, gender identity and sexual orientation
 - Diversity in sexuality and gender identity
 - Mental health impacts of homophobia, biphobia and transphobia
 - Ways that students and teachers can be more inclusive of the LGBTI community at individual and whole school levels.

How to schedule packages:

All enquiries can be emailed to headspace@bchs.com.au or call headspace Bendigo on (03) 54 345 345 and ask to speak to our Community Engagement Worker.