

headspace Glenroy

Because every adventure starts with a beginning

An introduction to our centre!

By Genesis L

headspace is the National Youth Mental Health Foundation providing early intervention mental health services to 12-25 year olds. The service is designed to make it easy as possible for a young person and their family to access the help they need for problems affecting their wellbeing. This covers four core areas: mental health, physical health, work and study support and alcohol and other drug services. All services offered at headspace are free or have a low cost.

We are located just across Glenroy station, on the Craigieburn line. Our address is 2A Hartington Street, Glenroy, Victoria 3046

If you would like to access our services, you can pop by the centre or give us a call at (03) 9304 1011. The friendly receptionists will take your basic details and put you in contact with a member of the Access team, who will do a basic intake (gather some information that will inform our staff about which are the right services for you) and arrange an appointment!



Get to know our YAG!

The Youth Advisory Group

By Genesis L

The Youth Advisory Group at headspace Glenroy (known as the YAG) is formed by a group of young people between the ages of 16 to 25 who are passionate about youth mental health. They work as advocates of mental health and wellbeing for young people in the community and ensure that youth participation is embedded within all levels of service delivery at headspace Glenroy. The YAG is involved in developing and implementing projects at the centre and within the local community. These projects take the form of school presentations, barbecues or activities during school recesses, workshops, etc. The YAG also ensures that the centre is youth friendly and young people's voice is heard and taken into consideration. Young people can be a member of the youth advisory group for up to two years. The members of the YAG have a range of skills and talents, making it a beautifully diverse group of dedicated young people. Meet our current team:

Genesis – I joined the YAG in 2016. I'm passionate about raising awareness of youth mental health within the community, as well as reducing the stigma around mental health among young people. I believe young people have a huge power to create a positive impact in their community. I am a kindergarten educator by day, and a Master of Public Health student by night. I enjoy watching tv shows and films, discovering new places around Melbourne (and the rest of the country), and reading.

Alessandra - I joined the YAG in 2016 with an incentive to help young people. I wanted to get a feel of the environment and meet other like-minded people. I am so passionate about raising awareness of youth mental health, as well as sharing compassion, kindness and equity. I believe this is very important. I work many jobs to afford my dreams and aspirations and to hopefully someday travel the world. I am a psychology student at Latrobe University, enjoy adventures and spontaneous outings with friends and love to keep fit with yoga and meditation. I am a huge lover of plants, crystals and writing.

Haseeba - Hiya! My name is Haseeba Faizy, I'm 17 years old and currently in year 12. I joined Headspace Glenroy's Youth Advisory Group in 2017. My interests include watching many TV shows and movies, listening to music (not so much playing sadly) and going out on fun adventures with my friends. I was interested in becoming a youth advisory member because I love interacting with people, which makes me thrive in helping other people. As part of our youth I felt the need to contribute my ideas and provide headspace an insight on young people!

Matt - I joined YAG in 2016 because I wanted to support and help young people feel less alone in a world that often doesn't validate mental health problems. I also wanted to work with and meet other like-minded and motivated young people. I am a relief primary school teacher some days, other days a peer worker, and whenever I can scrounge some time I like to write. My favourite childhood game is Donkey Kong. I also make and eat olives.

Clare - My name is Clare and I joined the YAG in 2016! I joined the YAG because I wanted to contribute to the community and raise awareness about mental health, especially as someone still in high school myself. I love to talk, listen to chill music and eat dried mangos (sometimes all this at once)

Nicholas - I joined YAG in 2017 because I have a strong interest in mental health and psychology. I wanted to get involved in spreading positive awareness and break down any stigmas of mental health for youth in our community. I enjoy listening to music (huge Lady Gaga fan) and playing the piano with my cat!

Gemma - Early last year, I began mentoring groups of young people for a music therapy program based at Glenroy headspace. Having enjoyed the program so much and wanting to continue my involvement with headspace, I eagerly joined the YAG in July 2017. I love working with young people, especially in a music context. I am a huge advocate of gender equality and diversity within music - I am a bass guitar instructor at the Girls Rock! Melbourne camps, and last year volunteered for feminist music collective, LISTEN. In my spare time I love to read, pat cats, and perfect my gyoza dumpling recipe.

About Getting in the Right Headspace

By Genesis L

Ask anybody around you about how they take care of their physical health and they'll boast about it. Ranging from exercising, eating healthy, using skincare products, and more. Everyday there seems to be a new trend, anti-gravity yoga, eating kale, and putting snail slime on our faces (yes, it is a real thing). There is one aspect of our health that still remains almost a taboo...and that is mental health. Despite how trendy things like mindfulness have become, it seems that the normal thing to do is wait until you are unwell to take care of our mental health.

Our mental health is just as important as our physical health. There is absolutely nothing to doubt about that. Every aspect of our life and our body is affected by how we perceive, think, and respond to our environment. How do we do this? You guessed it, through our mind.

We can talk for days about the importance of looking after our mental health. However, we would like to share a list of things you can do to exercise self-care, either when you are well or when you need to get into the right headspace. Keep the list handy, and feel free to add your own in the comments below.

- **Meditation** – There are many apps for your mobile devices that you can use, Youtube is also a good resource to find a clip that gets you 'in the zone'
- **Going for walks** – Quick tip, you can search for "Walking trails near me" if you want to go for longer walks. However, a walk around the block can also be just as beneficial
- **Jam to music and dance around** – Spotify has countless playlists for every mood
- **Talk or vent to a friend** – Quality time with a mate is beneficial for two people at once!



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- **Paint, doodle, draw, sketch** (any form of artistic expression, really)
- **Stretch your body** - Whether it's yoga, pilates, or any other form. Stretching your muscles releases tension and oxygenates your body
- **Take a bath** – Soaking in warm water calms the nervous system, reducing levels of stress and anxiety
- **Write a to-do list** – Feeling overwhelmed by endless amount of work? Writing a to-do list and actually ticking tasks off as you do them can bring relief
- **Cuddle** - Whether it is a furry creature, friend, family member, or other loved one, hugs are powerful
- **Laugh** - There is something about laughter that is miraculous, watch a funny video, think of the silliest thing you can, or hang out with a funny person, there is a reason why Laughter Therapy exists

If you feel like some extra support is necessary to get you back into the right headspace, headspace Glenroy and all other headspace centres are here to help! Check our headspace.org.au or ehespace.org.au for more info

10 things people don't tell you about stress

By Clare S

1. **Stress affects everyone:** Stress affects everyone, even though some people may seem like they have no stress at all. We just all deal with stress differently!
2. **Not all stress is bad:** stress can help motivate you and can even be life-saving (hello fight or flight response). – We stress to survive! Here's a TED talk about how it works in the mind of a procrastinator (basically me) https://www.ted.com/.../tim_urban_inside_the_mind_of_a_master...
3. **Stress weakens your immune system:** if stress occurs for too long or becomes chronic, it can cause functions in your body like, the ability to digest and sleep, to stop working.
4. **Stress can also cause infections like fungal infections** (I sadly experienced this ugliness first hand on my lip) to form, as your body has decreased immunity!
5. **Stress can also cause physical problems** (named "the silent killer" but that's too scary for this article): It can lead to heart disease, high blood pressure, chest pain, weight loss, change in appetite and even irregular heartbeats!
6. **HAIR LOSS!!!** Apparently there is a myth that stress turns hair gray, but in fact, stress causes hair loss for even up to 3 months after a stressful event (RIP hair after VCE).
7. **Stress causes weight gain:** the stress hormone cortisol causes abdominal fat to accumulate and enlarges individual fat cells, leading to what is called "diseased" fat (I have no idea what that means, but I refuse to have diseased fats).
8. **Stress alters blood sugar levels:** this causes mood swings, fatigue (yes that could be the reason you still wake up tired after a 12 hour nap, or maybe that's just me?), headaches and hyperglycaemia (a factor of diabetes)
9. **Stress can cause depression:** cells shrink due to exposure to stress hormones and they disconnect to each other!
Stress decreases libido: ... BUT safe sexual acts can also help decrease stress hormones!
10. **It's okay to get help if you're feeling super stressed!** You can visit your GP to check on your physical health, talk to a counsellor or talk to your friends.

Image by Leslie Herman



The Hope in Music

By Matt M

"I'm awkward and nervous."

"I think I'd rather be anyone else but me."

"I'm embarrassed to admit it, I've got no grip."

I had a family member ask me one year, cautious not to offend: 'Why do you like this music?' He looked at me with a curious expression, like he wanted me to help him understand. I can't remember the response I gave but as time has flittered on and I've struggled with relationships, or wondered what to do with my life, or tried to keep my self-esteem afloat, this question about the sort of music I listen to was mixed in there somewhere.

When I was about 17, one of the first psychologists I sat in a room with, asked me about my hobbies, what things I watched, what I listened to. I suppose I must have told her I listened to angry music, or depressing music, or something like that, because one of her items of advice as I left the room was 'listen to more happy music.' That would have been great if only I was happy. 'Happy music' – whatever that was—sounded like something made by delusional people with no souls.

Naturally I was called 'emo' in high school. People didn't understand punk, or pop punk, or anything alternative. It was all emo music, and I rejected the demeaning label. People tried to justify it by telling me it stood for 'emotional'. Oh, well that makes it okay then. It was only years

later that I learned the word 'stigma' and found some clarity as to why I had been so resistant to the emo label. That's what this was, a stigma of being too emotional, too different, too depressed.

'This is depressing music,' people would say, people still say, as they plug someone else's phone in. I want to ask 'What are you so scared of?' 'Are afraid that you will feel something?' How dreadful that would be.

So why do I like this music? The truth is that in listening to what some of the artists had to say in song, I felt less alone. Some people whom I'd never met had recorded something, and it spoke to me in a way that was honest. Finally here was someone who was unafraid to come out with these intense feelings of embarrassment, of shame, describing nervousness, feeling awkward, and desiring to be anything else, anyone else, and that all of those things...were okay.

A line I sometimes think about is: "I reserve my right to feel uncomfortable, I reserve my right to be afraid."

For me, songwriters made the first step in being honest, in speaking about what was real, and what hurt, and it gave me the opportunity to demonstrate the same honesty. In writing this, I hope it gives someone else the validation to bumble through the world perhaps nervous, perhaps uncomfortable, or afraid, or awkward, but at least, understood.

Image by chamalowninja



"Some people whom I'd never met had recorded something, and it spoke to me in a way that was honest."

New Beginnings

By Genesis L

Embracing new beginnings is easier said than done. It is rather easy to see it as a positive change and a world full of possibilities; to embrace the new set of responsibilities and not think about what could go wrong. We've all felt the pressure of the unknown. Our mind fills up with clouds of 'What ifs', blocking the possible benefits of these undiscovered pathways.

We've all been there, new cities, relationships, schools, workplaces, even new mindsets or perspectives. I always wondered how some people around me seemed to jump at any opportunity to change their lives in one way or another. These kind of people see life as an adventure. It's as if they were preschoolers embarking on an imaginary trip to a castle, basically leaping with excitement. However, part of me always rejected seeing life as an adventure, real life brings on real consequences. We were adults facing the doom of a failed career or a failed relationship if things were wrong.

As I went on with my life, I realised I was getting bored. While the pathway I was on helped me grow, it wasn't challenging me enough and I noticed I was getting too comfortable. I was itching for a change, for the plot twist in my life that would bring excitement back into the narrative. Slowly, I started to see change as an opportunity for growth. The possibility of failure wasn't as scary anymore; it simply became a sign that I should try another way of doing things.

This new perspective in life has taken me to places that I never thought I would reach. My life has been enriched with stories, memories, lessons, and growth in so many aspects because of how far I've stepped out of my comfort zone. Whenever an adventure waits, I feel like a four-year-old that is going on a road trip, my heart beats with excitement at all the new things I will discover. I'm not going to lie, I do feel some dread at the thought of getting lost in a new city, not making any friends, or failing at the new tasks, but the idea of an undiscovered territory overrides my anxieties.

So here is to yet another journey into the unknown.

As the great Dr. Seuss once said:

You're off to Great Places!

You're off and away!

...

And will you succeed?

Yes! You will, indeed!

(98 and percent guaranteed.)

Kid, you'll move mountains!

Now

By Ally S

And without hesitation, I did it. I made the random decision to get my first tattoo, today.

If anything, it fits so well with what the tattoo essentially means.

Now.

Live in the now.

For now is all we have.

I still sit here in disbelief.

This three-letter word etched in my skin forever.

There is so much power in the now. With every second that passes, you have the choice

To experience, to create, to love.

The past is done and the future is uncertain.

But now.

Now can be anything you make of it.

The early mornings that turn into daylight.

The night outings that turn into stories.

With every experience you can consume the universe and explode into a billion stars.

Share your light upon the world and more importantly, within yourself.

Do not be fearful, my darling.

You are alive, now.

You are alive, now.

Image by Ally S



A few words for school-leavers

By Imesha V

Your failures don't define you

It might feel like the end if you don't get the marks you're hoping for but leaving school is only the beginning. There will be so many opportunities for you to figure out what you might want to do next just keep your eyes peeled and be open to trying a direction you might not have taken before.

At the end of the day you are the driver of your own life

Sometimes we might feel like we need to conform to what others think is the best decision, whether we agree with it or not. Parents and teachers might say they know what's best for you, but at the end of the day you decide which direction you would like to steer your life.

Get to know yourself better

Getting to know yourself better might also take time but it's worth doing because it will help you immensely in figuring out what you would like to try next. If you're someone like me who finds it hard to find their own voice when around people, taking some time for yourself is a very good idea. With regards to career aspirations, talking to someone or writing it down might also be beneficial. If you're not sure about what you want to do next you can start by writing the things you enjoy doing and then doing some research to see which job or career prospects match those points.

Get outside your comfort zone

Don't only stick to friends who are like you, reach out and listen to those who have different interests and backgrounds. Look out for other opportunities like work experience, volunteer roles, working full time, travel, grad diplomas.

Things take time...

I think sometimes we feel like we should get into a job straight away or know what we want to do straight after school. But we must be patient with ourselves and with others. We need to understand that sometimes the things that we want don't always come fast but take effort, energy, patience and research.

Look after your mental health

Always remember to look after your health including your mental health! Eating well, exercise, good sleep habits and connecting with others will go a long way in keeping you physically and mentally healthy. And if you ever feel like you've become stuck in a bad spot, never fear to reach out for help, there is a good chance there is someone out there going through similar feelings, so you're not alone, so it's always good to ask for help. So, reaching out to a family member, friend or a clinician at headspace is always a good thing.

We acknowledge that each and every experience of mental health is subjective and they might not be the same as the ones expressed in this newsletter. This newsletter could not have been possible without the contribution of the writers, the youth advisory group, and the community awareness officer as well as the rest of the staff members at headspace Glenroy. If you would like to contribute to the next edition please contact Jacinta at jacinta.vengtasamy@orygen.org.au