



Overview of workshops

Below is the suite of workshops offered by headspace Hurstville. Our workshops take a health promotion and education approach and are designed to be interactive and informative. Our overarching goals are to promote positive mental health and wellbeing and encourage help-seeking behaviour. Please note that we are unable to provide clinical sessions with a medical or therapeutic focus.

Topic of workshop	Target Audience	Length	Overview	Learning outcomes
What is headspace?	Years 7-12	5-10 mins	This brief talk is designed to provide a general overview of headspace, introduce the local headspace centre, and how to access headspace services.	<ul style="list-style-type: none"> • Increased knowledge and understanding about headspace and the local headspace centre • Increased understanding of how to access headspace services
General Mental Health & Wellbeing	Years 7-12	45-60 mins	This workshop is designed to start the conversation around mental health, begin to break down the barrier of stigma and increase help-seeking behaviour in participants. We will discuss common myths about mental health, how we can encourage a conversation and how to recognise mental health concerns in themselves or a friend.	<ul style="list-style-type: none"> • Increased understanding of the difference between mental wellness, a mental health problem and mental ill-health • Increased understanding of some myths around mental ill-health • Tips on helping themselves and helping their mates • Increased knowledge of mental health resources and support services
Dealing with stress (can be specific to exam stress)	Years 7-12	45-60 mins	<p>This workshop is designed to discuss the short and long-term effects of stress, possible triggers, and how to manage stress. We will explore how to recognise stress in ourselves and others and services available for support.</p> <p>For presentations around exam stress we can suggest helpful apps and tips to manage stress during study.</p>	<ul style="list-style-type: none"> • Increased ability to identify sources and signs of stress in self or others • Increased understanding of the effects of stress • Increased knowledge of stress management techniques • Increased knowledge of mental health resources and support services



<p>A healthy self</p>	<p>Years 7-12</p>	<p>45-60 mins</p>	<p>This workshop is designed to create discussion around self-esteem. We will discuss the difference between poor and healthy self-esteem and the impacts of poor self-esteem on mental health. We will explore practical ways to improve self-esteem, increase self-care and provide tips for a healthy self.</p>	<ul style="list-style-type: none"> • Increased understanding of self-esteem (poor self-esteem vs healthy self-esteem) • Tips to improve self-esteem • Increased knowledge of mental health resources and support services
<p>How to help a mate</p>	<p>Years 7-12 (suitable for senior years)</p>	<p>45-60 mins</p>	<p>This workshop is designed to encourage people to look out for their mates and recognise signs that they may be going through a tough time. We will cover anxiety and depression and how they might be experienced as well as practical ways that participants can support their friends in distress. Participants will be equipped with knowledge of mental health resources and services to help their mates reach out for support.</p>	<ul style="list-style-type: none"> • Increased understanding of how anxiety and depression may present in self or others • Increased knowledge of anxiety and depression • Increased confidence in starting a conversation • Learn practical ways to support a friend going through a tough time • Increased knowledge of mental health resources and support services
<p>Healthy Relationships</p>	<p>Years 7-12</p>	<p>45-60 mins</p>	<p>This workshop is designed to promote positive relationships (friendships, romantic, family) by identifying what a healthy relationship looks like. We will explore signs of unhealthy relationships and how to navigate them. We will discuss communication skills and how to maintain valuable connections.</p>	<ul style="list-style-type: none"> • Increased ability to recognise signs of an unhealthy relationship • Learn more about how to build healthy relationships • Learn some strategies to be able to navigate difficult relationships • Increased knowledge of mental health resources and support services