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Staff Profile:

I use my five senses to stay healthy and reduce the risk of letting the unhelpful habits creep in ☺

I create my workspace to be welcoming and nurturing, as I live here a lot of hours! I check in with myself, how I'm going first thing in the morning as well as throughout the day. This may be the reason you'll see me having impromptu chats to co-workers – it's actually to debrief/have fun/get to know my team ☺

And daily, that's daily, I use mindfulness/meditation to come back to myself – I've been known to get in my head too much.

I have predominantly worked in the areas of perinatal to adolescents and have a passion for family therapy, with a lens of hope and unconditional positive regard.

Sacha

Social Worker Extraordinaire (Private Practitioner).

The Regional Youth Mental Health Forum is just around the corner!

If you would like to register your school or young people from your community organisation- or if you would simply like some more information, please contact:

Caron.Cahill@health.qld.gov.au

REGIONAL YOUTH MENTAL HEALTH FORUM

TALKIN' IT UP!

THURSDAY, 4TH OF AUGUST 2016
SOMERSET CIVIC CENTRE, 2 REDBANK ST, ESK

9:00AM - 9:30AM REGISTRATION FOR A 10AM START
2:00PM - 2:30PM STAGGERED SCHOOL DEPARTURE TIMES

LUCKY DOOR PRIZES

REGISTER YOUR INTEREST WITH:
CARON.CAHILL@HEALTHQLD.GOV.AU OR CALL 0414 302 598

SPECIAL THANKS TO THE ORGANISERS AND FUNDING PARTIES FOR MAKING THIS EVENT POSSIBLE:





Thank you to Eloise from our headspace Young People's Advisory (hYPA) for submitting this artwork.

headspace Ipswich is proud to support young people of diverse bodies, genders and sexualities.



Peter, 18, discusses sexuality

The word 'gay' has so much hype surrounding it. When you come out, it's like everything else about you disappears and it's all people see about you.

My parents are terrific people, but coming out to them still had that same effect. It just goes to show that even the most reasonable, compassionate people can be blinded by what society deems 'normal'.

If you can draw parallels between this and your own situation then I have some excellent advice for you - your sexuality is only a small part of who you are and reminding people that there is so much more to you will make it so much easier for them to accept your sexuality and embrace you as a person.

There will always be an adjustment period, but if they're true to you then they will stick by you. I know it's often more complex than this, but enlightening people to this simple fact can make things so much easier.

If you would like to read more real stories visit <http://headspace.org.au/young-people/>

headspace Young People's Advisory (hYPA) Group representing at the Marriage Equality Rally 2016!



headspace Ipswich News:

We had a special visitor at the Centre on the 8th June! The Foreign Minister Julie Bishop MP and local LNP candidate Teresa Harding came to launch #thebigstigma campaign here in Ipswich. Important conversations were had regarding current issues facing young people in the community, and, of course, signature hand prints were left on the wall!

