

# headspace

# youthMAG



December 2016

 headspace  
Mt Drutt

 headspace  
Parramatta

 headspace  
Penrith

 headspace  
Castle Hill

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**headspace** is Australia's National Youth Mental Health Foundation providing support to 12-25 year olds going through a tough time. This covers four core areas: mental health, physical health, work and study support and alcohol and other drug services.

The **headspace** YOUTHMAG is a quarterly magazine specifically developed by **headspace** Youth Advisory Committee members from across Western Sydney. We are local young people representing the **headspace** centres at Parramatta, Mount Druitt, Penrith and Castle Hill. Our purpose is to raise awareness of mental health concerns amongst young people and reduce the stigma around mental health to encourage help-seeking.

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# Emotional Wellbeing and Mental Health

There's a misconception here with the words strength and weakness. On this level I'm talking about a person's emotional wellbeing- a person may be quiet and carry a facade because they don't want to be judged or considered as weak for how they are feeling. If a person shows emotion and cries, this does not mean they are weak. It's the body cleaning itself. Crying is actually good for you. It cleanses the soul, removes toxins from the body (same way sweat does) and takes away some of the heaviness from the emotional pain a person feels.

It's not always easy to carry that facade or to reach out for help. Sometimes a person can hold on to that pain without talking about it or crying and this builds up. It's like a volcano- it's eventually going to erupt. Emotions will eventually show when a person can't take it anymore. The pressure of the pain builds up.

What is emotional wellbeing? According to the Australian Institute of Health and Welfare, "emotional wellbeing refers to the way a person thinks and feels about themselves and others. It includes being able to adapt and deal with daily challenges (resilience and coping skills) while leading a fulfilling life".

By this definition, your emotional wellbeing is an important part to mental health and your ability to recovery with whatever it is you may be struggling with. It is about understanding what is troubling you and establishing a good support network to help you with your mental health recovery. A good place to reach out to is **headspace**. You can talk to the youth friendly staff that will listen and help you to make a treatment plan that works for you.

When talking to a friend or family member who is struggling, it's important to acknowledge that a person is hurting. What is helpful is letting the person know you know they are hurting and offering them support, validating them and offering them a space where they can talk about what is troubling them. Also be patient, if they know they can talk to you in a non judgemental fashion, this helps immensely! One of the fears a person may have is they are afraid of being judged for whatever it is that is troubling them. Keep in mind that something small to you could be huge for them. We all perceive and handle things differently. Remember - it's okay to not be okay, it's also okay to reach out for support!

**By Michelle**

# Technology & Mental Health

Living in the world of a billion iPhones, drones, online dating, Facebook marriages, a real-life,

functional R2-D2 and what have you, often times folks forget that technology is more than just a gimmick, but something that has advanced our way of life in general. Technology has done far more than allowing one to use their phone underwater or 'slip into the DMs.' In fact, technology has made valuable contributions to the world of mental health. So let's take a look at some ways technology has benefitted young folks and mental health!

## TECHNOLOGY AND MENTAL HEALTH

With online spaces such as eheadspace or online forums, technology has made mental health not only easier to gain access to, but less scary! It also allows young people who live too far away from their nearest mental health clinic to access treatment as well.

Ways to maintain your mental health have come in the form of simple, handy apps that you can download on your phone. Mental health organisations such as ReachOut and Black Dog Institute have already made apps targeting your mental health to help one manage anxiety. You can find such apps and similar ones on the Google Play Store and the Apple Store.



While technology has done wonders for making mental health more accessible, sometimes spending too much time on apps and social media can do a little harm. Here are some ways to avoid that!

- Take breaks! If you've been on a computer for too long, get up and walk around for a few minutes and stretch. (Hint: This is a good tip for studying too)
- Turn off push notifications for apps that alert likes and comments. Sometimes we get bogged down if something doesn't get enough likes. If this has been bothering you, simply go to the settings of such apps and switch off push notifications.
- Sleep is important! Try to keep away from your phone at night to avoid disrupting sleeping patterns (If you can't do that, just remember to turn the screen brightness all the way down then)

**By Kaydee**

# Great things Ahead!

It's been an exciting year for **headspace** in terms of innovative programs, community engagement and service provision but by far one of the most exciting things to come out of the year, is the evolution of our peer worker model in the form of a new job position.

Starting this month we will happily be bringing two new Project Development Officers, Prasuna and Gillian, onto the team. The role of the Project Development Officer will be to research, advise and support hYEPP (Youth Early Psychosis Program) staff during the preparation phase of our Peer Workforce component. Specifically, these new team members will consult with current staff as well as community members on how best to implement the peer workforce model in service delivery.

The peer workforce refers to people who are experiencing or have experienced mental health issues working within a service to provide insight and guidance. This simple idea lies at the core of **headspace's** goals and is fundamental to providing a service that is both holistic and authentic. For this reason we are grateful to have two Prasuna and Gillian on board and eager to explore the possibilities that peer workers have to offer.

**By Robert**



# Work and Life Balance

There's a podcast I listen to where it delves into keeping a work/life balance. They used the analogy of the four light bulbs. These light bulbs represent your work, family, friendships and yourself respectively. You only have 100 watts between them, and it is up to you to delegate how much energy you want to spend between them. The 100 watts represents your actual energy - how much effort can you put into each aspect. Which then leads to the issue of finding the balance between them all.

If there are three words that I can use to describe how I have managed it all, they would be - motivation, dedication, and perspective. These three attributes helped keep my four light bulbs on all throughout this year. While motivation and dedication are very straightforward, the last word is probably the most important of all, which I'll explain further on.

Motivation and dedication comes very easily when doing something that you're passionate about. I feel like that is something very important in order to keeping that balance. If you do or involve yourself with things that you are passionate about, you will try to - to the best of your abilities - give your all. For me, that was school - I gave about 75 watts to it for years, leaving me with 25 watts to delegate to other aspects of my life. I thought that if I allotted a lot of my time and effort, it would put me far into the world. What I didn't realise was that I was neglecting very important aspects of my life - the three other light bulbs. While it did work for a while, in the long term it led to me crashing and burning. I needed to change things drastically and stick to it.



This was around two years ago now, I've come a long way since then - learning the importance of perspective. I've realised that it's critical to figure out what's important to you and to prioritise from there. Back then, it was as if I was a horse wearing blinkers, I was oblivious to what I was doing - while I had one light shining bright as day, the others suffered. Learning from experience, spending time with friends, family, and keeping myself well - mentally and physically - are just as important. By volunteering and working, I've realised that there are other ways to keep the four lights lit apart from the obvious. This can be the case for things in your life too, many extracurricular activities are great in that they can take care of your social light bulb and personal light bulb at the same time - which is awesome in keeping that balance!

While keeping four lights lit may mean that the singular lights won't get individual attention, that's not always the case. The amount of watts you allocate will always vary depending on what is more important at the time. Keeping that perspective flexible and open, coupled with gearing your energy to activities you're more passionate about allows for a dynamic, well lit environment. While there may be that variation, averaging each of the lights to 25 watts each singular light within a month will lead to an overall dynamic and balanced person ready to take on the world - one step at a time.

**By Gillian**

# headspace Mental Health Quiz!

Have a go at the following trivia questions on **headspace** and youth mental health!  
Answers at the bottom of page 10!

## Question 1.

Out of 16 young people aged between 12 and 25, how many will have experienced or are currently experiencing mental health issues?

- A. 4
- B. 8
- C. 2
- D. 10

## Question 2.

What proportion of these young people will not seek help?

- A. 1/4
- B. 2/4
- C. 3/4
- D. 4/4

## Question 3.

What percentage of young people who access headspace show significant improvement?

- A. 20%
- B. 60%
- C. 10%
- D. 50%

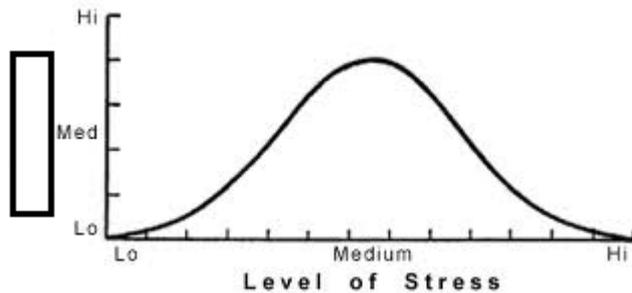
## Question 4.

Psychosis can be a symptom of bipolar disorder

- A. True
- B. False

**Question 5.**

What does the blank axis represent in this curve?



- A. Anxiety
- B. Performance
- C. Depression
- D. The power of song

**Question 6.**

How many headspace centres are there across Australia?

- A. 10-20
- B. 40-50
- C. 70-80
- D. 90-100

**Question 7.**

Which of the following is an effective way of seeking help for mental health concerns?

- A. Seeing your GP
- B. Walking into your local headspace
- C. Talking to your school counsellor
- D. All of the above

**Question 8.**

Which of the following is NOT a common symptom of depression?

- A. Increased energy
- B. Lack of concentration
- C. Lack of motivation
- D. Changes in sleep patterns

**Question 9.**

Eheadspace provides confidential online and telephone support 7 days a week

- A. True
- B. False

**Question 10.**

What percentage of young people present to headspace with depression?

- A. 2%
- B. 28%
- C. 54%
- D. 63%

# QUICK EATS

## CAULIFLOWER MARGHERITA PIZZA



- Donna

### Ingredients:

- 1 large head cauliflower (about 425 grams, riced)
- Pinch of sea salt
- 1/2 cup mozzarella/parmesan blend shredded cheese
- 1 egg
- 2 tablespoons almond flour
- 1/2 teaspoon garlic powder
- Pinch of sea salt
- Nonstick cooking spray
- 3 tablespoons tomato sauce
- 4 ounces fresh mozzarella, sliced
- 1 tomato, sliced thinly (optional)
- Basil leaves for garnish

### Method:

- Preheat oven to 200°C. Remove stems from cauliflower and chop florets slightly. Place into a food processor and “rice” until it resembles short-grain rice.
- Lay cauliflower on a nonstick baking sheet and sprinkle with salt. Bake for 20 minutes. Let cool slightly and then place in a clean dish towel. Squeeze out all liquid (you’ll only be left with about 1 cup of packed cauliflower rice). Increase oven temperature to 220°C.
- Place back into the food processor with the cheese, egg, almond flour, garlic powder and salt and pulse until it resembles dough.
- Using your hands, flatten dough onto parchment paper or a silicone baking sheet coated with cooking spray into an 8-inch pizza crust. Bake for 18-20 minutes.
- Spread tomato sauce and lay down fresh mozzarella. Return to oven for 5-6 minutes or until cheese melts. Sprinkle with fresh basil, top with tomatoes, and serve.

# QUICK EATS

## Super food beauty

“ You can substitute frozen fruit with fresh fruit ”

- Donna

### Ingredients:

- 1 frozen Pitaya/Dragon Fruit Pack
- 1 cup frozen mango chunks
- 1 cup frozen raspberries
- ½ cup almond milk
- 1 teaspoon stevia

### Topping:

- 1 tablespoon ground flax seeds
- 1 tablespoon Goji Berries
- 1 teaspoon chia seeds
- 1 mango chunk, diced

### METHOD

1. Blend frozen Pitaya, mango, raspberries, almond milk and stevia together.
2. Top with goji, flax and chia and decorate with mango and raspberries.



# headspace shout-out!

Viva Energy Australia's first national community support strategy – titled Jigsaw – was launched today and features a national partnership with headspace which is geared towards creating and supporting role models in communities across Australia.

Through Viva Energy Australia's support, a number of **headspace** centres in New South Wales, Queensland and Victoria will be creating opportunities for 12-25 year olds to become role models and mental health advocates in their local communities.

Viva Energy's \$600,000 investment over three years, will directly support 'Mental Health Role Models' and enable up to 70 members of **headspace** Youth Reference Groups from Geelong / Sunshine (VIC), Parramatta (NSW) and Nundah (QLD) to be up-skilled through formal training in a range of disciplines to help them share their stories locally, raise awareness of headspace and encourage help seeking.



Under the agreement, Youth Reference Group members will also have the opportunity to host a public event in 2017 to increase mental health awareness within the community as well as engagement of **headspace** services.

Our **headspace** Western Sydney centres look forward to working with Viva energy in the near future and thank them for their support!

# Resources

## Mental health and Suicide

If someone discloses they are having thoughts of suicide or struggling with mental health it is important to take it seriously. Thoughts of suicide are common and not all thoughts of suicide go further into a plan. If you or someone you know is having thoughts of suicide, support services such as Lifeline 13 11 14 or the Suicide Call Back Service on 1300 659 467 are available.

If you think someone's life is in imminent danger call 000 and stay with them until help arrives.

## Do you need help?

Are you feeling disconnected? Isolated? It is ok to ask for help, understanding what you're going through is an important first step. Some useful resources are listed below:

Lifeline 13 11 14 <https://www.lifeline.org.au>

Suicide Call Back Service 1300 659 467 <https://www.suicidecallbackservice.org.au>

Kids Helpline 1800 55 1800 <https://kidshelpline.com.au>

eheadspace 1300 737 616 <https://www.eheadspace.org.au>





***headspace Mt DrUITt***

***6—10 Mount Street,  
Mount DrUITt 2770***

***Phone Referrals***

***(02) 4720 8855***

***headspace Parra-  
matta***

***2 Wentworth Street,  
Parramatta 2150***

***Phone Referrals***

***(02) 8624 1348***

***headspace Penrith***

***606 High Street,  
Penrith 2750***

***Phone Referrals***

***(02) 4720 8800***

***headspace Castle  
Hill***

***253 Old Northern  
Road, Castle Hill  
2154***

***Phone Referrals***

***(02) 7801 4600***

