



Newsletter October/November 2016

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#headspaceday

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**THE FIRST National
headspace Day took place
on the 11th October 2016**

*Did you know that 1 in 4
young Australians will
experience mental health
issues?*

This may or may not be you.
It could be someone close to
you, such as a family
member or a friend.

If you know a young person
who is going through a tough
time, **headspace** is here to
help them.

National #headspaceday

<http://headspaceday.org.au/>

Mental health Week:

Mental Health Week is a national event, held every October to coincide with World Mental Health Day (10 October). The aim of Mental Health Week is to promote social and emotional wellbeing to the community, encouraging people to maximise their health potential, enhancing the coping capacity of communities, families, individuals and increasing mental health recovery.

Some highlights from the week:

headspace day at headspace Ipswich!

On the 10th October, **headspace** Ipswich hosted a National **headspace** day party! There were performances, speakers, activities and a BBQ. Thank you to all that joined in the festivities!



The development, creation and premiere of **three short films** made by the **headspace** Ipswich Young People's Advisory Committee!



Talks and expo's at local Schools including Bremer State High School, Springfield Central State High School, St. Peter's Lutheran College and St. Edmund's College.




Staff Profile:

Name: Terri

Position: Clinical Team Leader

Background: Well about me I have been working at headspace Ipswich for some time now, initially as a Private Practitioner, and now CTL. Working with children and adolescents is my passion, I could not imagine doing anything different. I have two children myself, and two beautiful grandchildren who I adore. To balance my work life out, I make sure I do plenty of self-care by spending time with my family and friends, reading, going to the beach (which I love), and movies.

How you keep your headspace healthy: The beach (or anything to do with water), is my healthy headspace place. I try and get to the coast at least every fortnight and do mindfulness down by the water and soak up nature (it's very soothing and grounding). I also make sure I practice mindfulness daily, and take time out through the day to centre myself.






Youth Space

Self-portrait by Sarah



Although some of the time Sarah does not believe in her abilities or herself, this portrait she completed gave her proof of she can accomplish any task with just a little belief. She is very proud of her efforts and has gone from an "I cannot do attitude" to "I can" and believing in herself just that little bit more.

THANK YOU

To Orion Springfield Central and everyone who attended the Orion Zombie Walk 2016!!

We raised over \$3000 from the event, which will be used to support young people who are going through a tough time.

See all you Zombie's again next year!



ORION ZOMBIE WALK 2016

SATURDAY 29 OCTOBER

Visit orionspringfieldcentral.com.au
or Customer Service for all details



orionspringfieldcentral.com.au



headspace
Ipswich



Orion
Springfield Central

Hannah's Story

What comes to mind when you hear the word "Schizophrenia"? Crazy? Psycho? Dangerous? You wouldn't be alone. That word brings a sense of fear to many people. It scared me too, the first time I heard "Schizophrenia" as I sat across the room from a Psychiatrist. I wasn't new to that kind of situation. I had dealt with Depression and Anxiety for most of my life. I had been hospitalised a couple of times during high school. I had sat across from many Doctors and Therapists before, but this time was different. Different, because in my mind, Depression and Anxiety were illnesses people could recover from, but Schizophrenia... well, I didn't really know much about it at the time, I just knew that I was terrified, terrified of the voices, terrified of myself, and terrified of what this diagnosis meant for me.

Although I was in such a dark place for so many years, I never lost my desire to help others, and naturally, due to the vast amounts of on the field experience I had already gained in youth mental health, I decided to volunteer at Headspace earlier this year.

Despite having such a long history of mental illness, the first time I walked into Headspace was for my interview to become a member of the youth reference group. I remember how anxious I was that day. I considered cancelling the interview. But something inside me told me to push through it, and I'm so glad that I did. It is said that taking that first small step can often end up being the biggest step of your life, and I can say without a doubt that this applies to me.

During the time I've been involved with **headspace**, I have witnessed the obvious passion and dedication shown by the **headspace** staff, and have been inspired by the strength and commitment of my fellow YRG members. My involvement with **headspace** has been the first time in my life where I have been encouraged to openly share my lived experience of mental illness, and have it be seen as a strength, not a weakness or something that I should be ashamed of.

Throughout my previous experiences in the mental health system, my illness and my self were not separated. I thought that I was the problem, and the fact that I wasn't better yet meant that I wasn't trying hard enough or that I was just a bad person. I felt like so many people were making all these decisions about me, but nobody ever took the time to ask me what I needed, or what I thought would be best for me. This combined with some other traumatic experiences resulted in me being terrified to seek the help I needed. Along with being so afraid, another reason I hadn't come to **headspace** before was because I thought that nobody could help me. However, after getting to know some of the **headspace** staff, and a few months of debating with myself and being encouraged by others, I recently decided to reach out to **headspace** for help during a particularly rough patch. I was surprised when I was asked what I needed, and what I thought would be the best way they could support me. My input has been valued from the get go. The way I describe it is that I feel like I'm the captain of my treatment team, rather than just watching from the sidelines. I feel empowered for the first time.

I still have days when I'm so depressed that even just taking a shower becomes a huge, draining task. I still have days where I struggle to even go outside because the voices are telling me how stupid I am, how disgusting I am, and how worthless I am, and it gets too much. But the difference between now and a year ago is that I know that they're lying, and I know that I will always be able to get through it.

I finally see a positive future for myself, and I've come so far recently in all aspects of my life. It wasn't that long ago that I was sitting in a psychiatric ward, consumed by psychosis, and completely convinced by my delusions that everyone I know would be happy if I killed myself, and now I'm standing here today, and I'm so happy to still be here. I have managed to turn the bitterness I held inside from my negative experiences into a determination to help improve the experiences of others. I have found a passion for life that I never thought I would have, and done things I never thought I could do. I no longer view myself as a lost cause.

Schizophrenia does that to you. It prevents you from seeing any light in the darkness. It makes you feel like it has complete control over you, that you will never fulfil your potential, and that who you really are no longer exists. It is definitely not the hand anyone would choose to be dealt, especially in early adulthood. It is one of the most stigmatised mental illnesses and is often viewed as a life sentence, but I am determined to prove everyone who has doubted me wrong. I guess I've always been pretty stubborn. Even in my darkest moments, I've always wanted to be able to overcome the illness, even if I couldn't realise it or see any future for myself at the time. I wouldn't be here now if that wasn't the case.

Being involved with **headspace** has shown me that I not only want to overcome Schizophrenia, but that I'm completely capable of doing so, and that I deserve happiness. I've gained the ability to help myself, and learnt about the importance of self-care. This has allowed me to start helping others through a peer support role at Reach-out, and to continue my Bachelor of Human Services. My goal is to increase public awareness and understanding of psychosis, and show others that you can not only live with it, but thrive despite it.

I'm so grateful for the amazing opportunity I was given to volunteer at **headspace**, and for all the doors that have opened for me since then. I hope to volunteer and be involved with **headspace** for as long as possible. Taking that first step into **headspace** was one of the best things I've ever done.

