



Back to school with headspace Queanbeyan

22 January 2019 – The time has come again for young people across the community to return to, or begin, high school.

For some students the transition back to school is relatively easy, however **headspace** Queanbeyan recognises that for others it can be a period of increased stress and anxiety.

Nat Oliver, **headspace** Queanbeyan Community Engagement Officer, says it's important to remain empathetic to young people as high school can be a difficult time of "firsts".

"Young people are still learning how to cope with and manage stress. High school presents challenges and pressures they may not have had before, like navigating new social situations, the stress to get good grades and keeping up with extra-curricular activities."

To support young people as they face new challenges, **headspace** Queanbeyan regularly host workshops and social groups. Working closely with their Youth Reference groups, the workshops have been designed to address concerns identified as being prevalent for young people in the community.

"We have workshops that teach mindfulness, anger management, and coping mechanisms for the early stages of anxiety and depression. Plus we have social groups like our LGBTIQ+ group and our Chill Space group, who meet to do craft or watch movies. We really have something for all young people."

The centre also coordinates Dog Space; a chance for young people to interact with therapy dogs and take them for walks with **headspace** staff.

"There are a lot of ways young people can interact with the centre and meet other like-minded young people, who are more often than not experiencing similar stresses. We encourage the community to keep an eye on our Facebook page for regular updates."

For more information about **headspace** Queanbeyan you can visit their [Facebook](#) page, contact the team on (02) 6298 0300, or chat to a clinician at [ehespace](#).

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About headspace:

Marathon Health is the lead consortium for headspace centres located in Bathurst, Canberra, Dubbo, Orange and Queanbeyan, with a satellite service in Cowra. The primary focus of **headspace** is the mental health and wellbeing of young Australians. **headspace** helps 12 – 25 year olds going through a tough time through a national network of over 100 **headspace** centres. **headspace** also offers online and telephone counselling services through **ehespace**. **headspace** can help young people with general health, mental health, education and employment and alcohol and other drug services. **headspace** was established by the Australian Government in 2006. From 1st July 2016, **headspace** centres across Australia are now managed by Primary Health Networks. Primary Health Network's receive funding from the Australian Government to support **headspace** centres. Visit [headspace.org.au](#) to find a **headspace** centre or access help.

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