

Media release



headspace Orange helps you back to school

21 January 2019 – This month, young people across the Orange community are starting, or returning to secondary school.

For some students, the return to school is relatively easy transition. However **headspace** Orange recognises that for others this period can be a time of increased stress and anxiety.

Sharna Lord, **headspace** Orange Community Engagement Coordinator, says it's important to understand that being a high school student can be especially hard for some.

“Young people are still learning how to cope with and manage stress. Some young people may find it difficult to navigate the pressures of school work, extra-curricular demands, grades and friendship issues. Throw into the mix other social concerns like bullying and peer pressure, and it's understandable why it can be a tough time.”

headspace Orange host a variety of early intervention workshops and groups to equip young people with tools and life-long skills to help them maintain a mentally healthy mind..

“We have programs that teach mindfulness and anger management, and coping mechanisms for the early stages of anxiety and depression. Plus we have social groups like the Gaming Group, our LGBTIQ+ group and much more.”

The team at **headspace** Orange are available to help young people through periods of stress, and encourage young people to keep an eye on their Facebook page for updates about groups and workshops.

“We work with young people in our Youth Reference Group who help us to understand what challenges young people are facing in the community, and how we can play a part to support them.”

For more information about how **headspace** can help you back to school, call the team on 6369 9300, visit their [Facebook page](#) or stop by the centre at 264 Peisley Street Orange.

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About headspace:

Marathon Health is the one of the largest providers of **headspace** services in Australia, with centres in Bathurst, Orange, Dubbo, Canberra 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 **eheadspace**. **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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