



## headspace Bathurst helps you back to school

**18 January 2019** – This month, students across the Central West region are starting, or returning to, high school.

**headspace** Bathurst understands that this can be relatively easy and stress free for some, but can be a period of increased stress and anxiety to others for a variety of reasons.

“The school period is a time of change and growth. Many young people may be faced with the pressure to achieve and get good grades, whilst also dealing with social issues like bullying and changes in their peer circle.” comments Karen Golland, Community and Youth Engagement Officer at **headspace** Bathurst.

“Add to this a mental health concern like anxiety or depression and it’s understandable some young people need extra support,” Golland said.

**headspace** Bathurst currently runs the award winning **headspace** Youth Links to Industry, Training and Education (HYLITE) centre; a free service for young people that provides support with homework, assignments, resume writing, job seeking and more.

The Centre also hosts 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 regular groups where young people can meet new friends or learn new skills that support wellbeing, like our LGBTIQ+ social group or afternoon Yoga sessions.”

The team regularly consult with young people in their Youth Reference Group and through school workshops, to identify topics that are concerning the younger community. With this information, they tailor groups and workshops that fit with what young people want.

Updates about groups and workshops are regularly posted to the **headspace** Bathurst [Facebook page](#).

For more information about how **headspace** Bathurst can help you back to school, call the team on 6338 1100 or visit the centre at 102 Keppel Street, Bathurst.

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### **About headspace:**

Marathon Health is one of the largest providers of headspace services with centres in Bathurst, Orange, Dubbo, Canberra and Queanbeyan and a satellite service in Cowra and Lithgow. 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](https://www.headspace.org.au) to find a headspace centre or access help.

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