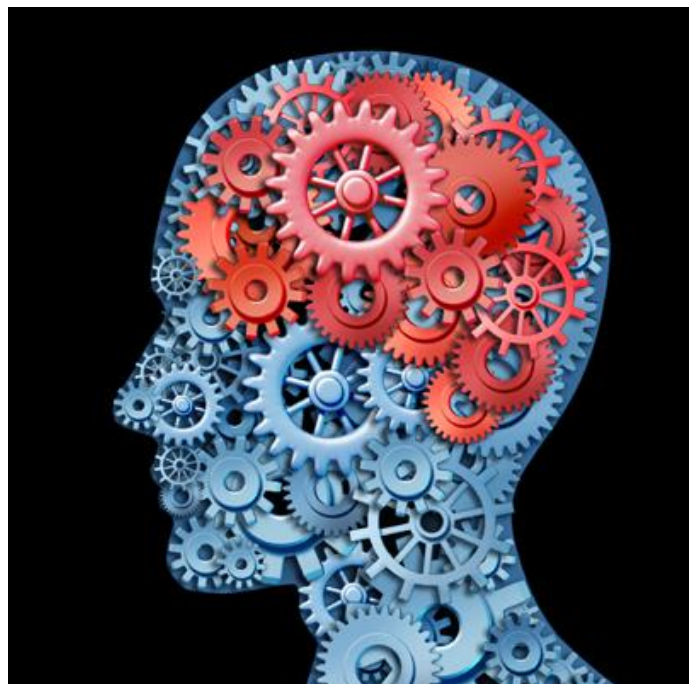


# Youth Mental Health and Well-being

The mental health of Australian Youth is an increasingly important issue. It is estimated that every year one million young Australians require special care for mental health problems. However, only about 60% of these young people actually access the care that they need. In the Southern Sydney and Sydney area there are a variety of organisations that offer assistance to young people with mental health problems and aim to raise awareness of this important health issue.



## Headspace

Headspace is the National Youth Mental Health Foundation established in 2006 which aims to provide support and advice online, over the phone and in their centres for young people going through a tough time. Their primary focus is the mental health and wellbeing of all Australians. They also know that getting help early is the key to resolving these problems quickly. Headspace centres in the Southern Sydney area are located in Hurstville and Miranda.

Services they provide are;

- Mental health and counselling
- Physical and sexual health
- Vocational and Education assistance
- Employment assistance
- Alcohol and other drug services.



Headspace centres are a place where a range of services can be provided to young people in one youth friendly location. Their services are free and Headspace ensures client confidentiality.

Projects they undertake include:

- School presentations which promote positive mental health and well-being and encourage young people to do the same.
- Youth Reference group film competition; A competition to create a short film to educate young people and the community through raising awareness of mental health problems with a positive help seeking message.

Guides can interact with headspace in many ways these include;

- Organising a night where a representative from headspace come talk/present to units about mental health issues affecting youth.
- Guides can hold fundraisers to support centres that provide vital support to young people.



- Raise awareness! Pin up posters, hand out brochures at camps, events, on the street, and tell friends and family members.

- Visit the centres and talk to professionals

headspace at Hurstville is open Monday, Tuesday and Friday 9am to 5pm and Wednesday and Thursday 10am-6pm, so if you want to talk or make an appointment. Call on 02 8048-3350.

Headspace at Miranda is open Monday, Tuesday and Friday 9am to 5pm and Wednesday and Thursday 10am-6pm, so if you want to talk or make an appointment. Call on 02 9575 1500

## Child and Adolescent Mental Health Service (CAMHS)

The Child and Adolescent Mental Health Service is an initiative of the NSW Department of Health and is accessible through local health care providers and hospitals. The aim and focus of the Service is the prevention and treatment of mental illness and health promotion services. CAMHS provides short-term to medium-term counselling, support and mental health advice.

Issues CAMHS assists with include:

- Family conflict
- Relationship troubles
- Self-harm and suicide
- Loss and grief
- Depression and anxiety
- Trauma
- Sexuality issues
- Anger, frustration or confusion
- Any other social, emotional and behavioural issues

Projects CAMHS undertake are;

- Educational groups – Spread awareness and educate the community about mental illness.
- Therapeutic groups – Helping young people learn strategies to help deal with their mental illness

Guides can interact with CAMHS by raising awareness by handing out leaflets in the local area and telling family and friends about the organisation. CAMHS is available Monday to Friday 8.30am - 5.00pm at Hurstville Community Mental Health Centre contact the centre on Phone: (02) 8198 7300.



## REACHOUT.COM

ReachOut.com is the nation's leading online youth mental health service whose aim is to work with young people and professionals to deliver mental health services online. They aim to provide easily accessible information for those in times of trouble. Reachout helps young people through;

- Fact sheets
- Posters
- Apps
- Community forums
- Stories
- Videos
- Tools and other random content.

On <http://au.reachout.com/tough-times/mental-health-issues> there is a large variety of information about different types of mental health issues. Reachout provides details of what mental health is, signs and symptoms for sufferers and their friends and family, what to do if you or someone close is showing signs of mental illness, as well as tips and coping strategies.

Projects ReachOut undertake include:

- Online forums where young people can talk to each other (in sort of a chat room) about their thoughts and feelings on the topic.  
Topics include: Self talk and Self-awareness, Something's not right and Getting help.
- ReachOut film competition – to create a film with a message about youth mental health.
- ReachOut regularly hit the streets and talk to young people about mental health

Guides can interact with ReachOut by holding fundraising events to raise money so ReachOut can continue to support young people today and in the future. Guides can also spread the word of ReachOut to the community by distributing promotional material and merchandise. Senior Guides can volunteer and become interns with the Sydney office of Reachout.



## Beyondblue and Youth beyondblue

Beyondblue is an online mental health service which aims to provide national leadership to reduce the impact of anxiety and depression in the Australian community. Beyondblue takes a public health approach which targets improving mental health for the entire population across the lifespan.

The Youth Beyondblue program aims to empower young people aged 12-25 years and its key messages continue to be an important part of encouraging help seeking. They support and promote environments that build on strengths of young people and respond to ongoing change.

The Beyondblue website provides information in the form of videos and articles, tips, links to mental health apps, contact information for other services, an online chat service as well as a telephone assistance line, all of which can refer young people to services in their local areas.

Projects Youth Beyondblue have undertaken include;

- National Youth Week Video competition – The aim was to create a video that would help “Charlie” check in with a friend.
- Online forums – Where young people can ask for help in tough times.
- Eight research projects about male and female suicide rates have been identified and progressed by The Young and Well Cooperative Research Centre who, with Beyondblue and Movember make up the Youth Collaboration Network.

Guides can interact with beyondblue in the following ways;

- Becoming a speaker at local community events – Beyondblue speakers share varied stories of their experiences with mental illness. These meetings revolve around the theme of hope, recovery and resilience.
- Hold an event to help fundraise for Beyondblue or participate in an organised event such as a fun run.
- Be a volunteer at the National roadshow

<http://www.youthbeyondblue.com/>



## Mortdale Community Services – Mental Health Services

Mortdale Community Services offers social support for people affected by mental illness through their Drop in Social Group who meet each Thursday afternoon at the neighbourhood centre in Pitt Street, Mortdale.

### Mental Health Arts Development (MHAD)

MHAD was formed in 2005 as a partnership of the mental health service providers in the St George region and is supported by Hurstville Council. MHAD aims to achieve greater access to and participation in quality arts and cultural development initiatives for adults who have experienced living with mental illness. The committee consists of representatives from Mortdale Community Services, Hurstville City Council, NEAMI (a national mental health service), St George Division of Mental Health and various individual consumers. The committee has conducted a variety of projects leading to exhibitions, special events, involvement in local festivals and Art Tutor traineeships.

Projects of the MHAD include:

- The Paint a Garden at an exhibition at the Hurstville Library and Museum.
- The Decoupage Plus program in conjunction with St George Creative Art and Crafts Centre.
- Back to basics drawing class and ceramic.

Guides can interact with MCS by attending the Drop in social group who meet each Thursday between 1:00pm – 3:00pm (Runs during the school holidays). Guides can contact the MCS information and service on 9579 6322 for information about current groups and projects or email [communityworker@mortdalecs.org.au](mailto:communityworker@mortdalecs.org.au)

<http://mortdalecs.org.au/mental-health-services/>