



**headspace**

National Youth Mental Health Foundation

[headspace.org.au](http://headspace.org.au)

# Parent Session – Glen Eira Secondary College

8 October, 2012

# Resilience

## What is resilience?

- Resilience is someone's ability to cope with stressful situations and issues.
- Resilience is not a fixed characteristic of a person, but something that can be developed and improved.
- Resilience is not only about surviving difficult times, but is about being able to thrive despite adversity.
- What it is not?
  - Being the strong silent type
  - putting up with challenging or harmful situations.

# How to develop resilience?



**Warm and positive relationships within the family.**

**Ensuring there are positive adult role models available to them.**

**Understand your young persons strengths.**

**Not to linger on the disappointments in life and to see these as an opportunity to learn.**

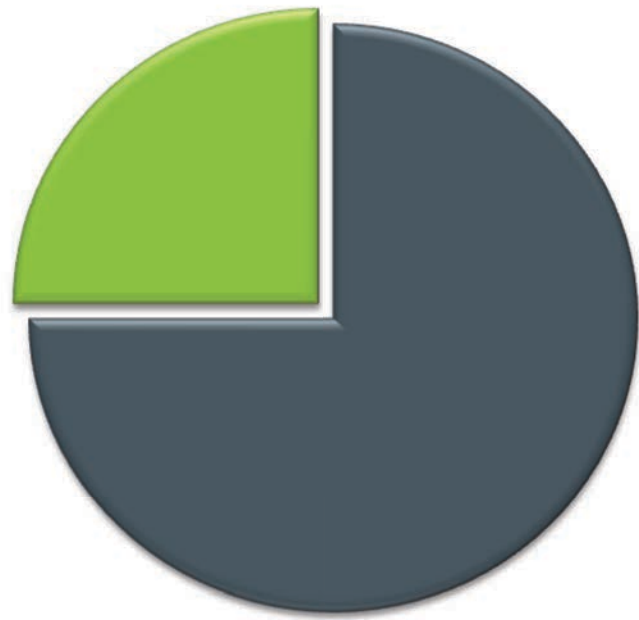
**To acknowledge when they have done something well.**

**Provide structure through limit setting.**

# Facts about youth mental health



**75% of all mental health issues will be experienced before 25 years of age.**



# Mental health

Mental health is a continuum from *well* to *unwell*.



well      mild      moderate      unwell      crisis

Most people will experience mental health problems will *not* be at the crisis end of the scale.

# What to look for ...

- Change in sleep and appetite
- Change in interest levels
- Change in behaviour
- Isolating self
- Substance use
- Self harm behaviour and/or suicidal thoughts

**You don't need to have all these issues to seek help, but these are the types of things that shouldn't be ignored!**

# Depression

1 in 4 people will experience a depressive episode.

Depression is an extended period of extreme sadness that appears to affect all areas of a persons life.

Signs of depression;

- Reduced appetite, often with a loss of weight
- Poor sleep – difficulty getting to sleep/staying asleep/early morning waking.
- Anxious
- More emotional – tearful, irritable.
- Poor concentration
- Isolating themselves/not doing the things they like
- Difficulty believing that things will get better.
- Self harm or suicidal ideation.



# Anxiety

**1 in 10 young people will experience anxiety.**

**It is not unusual to feel anxious before an important event of when we are about to try something new.**

**Anxiety can present with;**

**Butterflies in our stomach**

**Nausea**

**Sweaty or clammy hands**

**Poor sleep**

**Reduced appetite**

**Difficulty concentrating**

**Being uncomfortable in public places.**



# How to engage a young person?



- Don't try too hard!
- Use "I" statements.
- Let them know you are there for them.
- Don't tell them you know how they feel – no-one does, however...
- Find activities to do together
- Let them know that things will get better!

# Services at headspace Southern Melbourne



**hSM provides a platform of 4 programs;**

- Primary care
- Generalist and mental health counselling
- Alcohol and other drug counselling
- Vocational support

**hSM has a multi-disciplinary team to support young people including;**

- Counsellors – (Social Workers and Psychologists)
- Family Therapists
- GPs
- Psychiatrists.



# How to refer...

**All headspace services have an Intake worker.**

**hSM Intake can be contacted on 9526 1600.**

**Noah and Meagan are our intake workers.**

**Intake will need to know;**

- **what your concerns/family concerns are,**
- **what has changed for the YP,**
- **if they are aware of your call.**

**If possible, Intake will want to speak with the YP.**

# headspace Southern Melbourne



## Elsternwick;

- 319-321 Glenhuntly Rd  
Elsternwick

- Open Monday – Friday  
9.00am-5.00pm

150 metres from Elsternwick  
Station

Trams run along Glenhuntly Rd –  
67.

**Intake workers**

**Counsellors**

**GPs Wednesday and  
Thursday**

**Alcohol and Drug worker**

# headspace Southern Melbourne



- Highett at Peterson Youth Centre
- Cnr Highett Rd and Peterson St., Highett.
- Open Mon, Tues & Thurs  
2.00pm-5.00pm
- Counsellors (Psychologists and Social workers)
- Drug and Alcohol worker
- Vocational worker





**headspace Southern Melbourne – 9526 1600**

**eheadspace – eheadspace@headspace.org.au  
1800 650 890**

**Kids Helpline – 1800 55 1800**

**Lifeline - 13 11 14**