

# Speak Out Loud:

## Stories of Strength from the Southern Downs

EPISODE: YOUTH MENTAL HEALTH

GUEST: Travis Maguire, Manager headspace Warwick

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### SUMMARY OF EPISODE

Trav is the manager at headspace Warwick which outreaches to Stanthorpe as well. headspace is the National Youth Mental Health Foundation providing early intervention mental health services to 12-25 year olds. headspace can help young people with mental health, physical health (including sexual health), alcohol and other drug services, and work and study support. headspace centres act as a one-stop-shop for young people.

Listen to the podcast conversation to hear Trav explain:

- the work headspace has been doing in the Southern Downs Region
- how young people have been impacted by recent disasters and events
- ways that young people can nurture their mental health during and immediately after a crisis or disaster including the 7 Tips for a Healthy Headspace
- issues that might show up for young people in the months and years after a disaster or crisis
- whether stress shows up differently for young people compared to other age groups
- what young people can do to build inner strength and resilience so that they can better manage the unexpected difficulties in life and protect their mental health into the future
- advice to support a young person with feelings of overwhelm
- practical strategies to optimise mental health and manage stress
- mental health warning signs to look out for
- where to go for more information or support
- how to access headspace's free services

### TOP 3 TAKEAWAYS / TIPS

Trav's Top 3 Tips to look after your mental health:

1. Speak out – don't be afraid to have the conversation
2. Keep active, move your body, get into nature and take someone with you
3. Be kind to yourself - say something nice about yourself each day

### 7 TIPS FOR A HEALTHY HEADSPACE

1. Get into life – do something fun that makes you smile
2. Learn skills for tough times eg take 20 deep calming breaths or write it down
3. Create connections – talk to someone you trust; spend time having fun with others
4. Eat well
5. Stay active
6. Get enough sleep – go to bed and get up at a similar time each day
7. Cut back on alcohol and other drugs

*Speak Out Loud: Stories of Strength From the Southern Downs Podcast*

[www.kathrynwalton.com.au](http://www.kathrynwalton.com.au)

## RESOURCES MENTIONED IN THE PODCAST

### Travis Maguire

#### headspace Warwick

Early intervention mental health services to 12-25 year olds including mental health, physical health (including sexual health) alcohol and other drug services, and work and study support

66 Albion Street, Warwick, Queensland 4370

E: [headspace.warwick@rhealth.com.au](mailto:headspace.warwick@rhealth.com.au)

P: 07-4661 1999 (Australia)

<https://headspace.org.au/>

### 7 Tips for a Healthy Headspace

<https://headspace.org.au/tips/>

### eheadspace

headspace national online and phone support service staffed by experienced youth mental health professionals provides 12–25 year olds and their family and friends, a safe, secure and anonymous place to talk to a professional whenever they need, wherever they are

<https://headspace.org.au/our-services/eheadspace/>

### Beyond Blue

Mental health and well-being information and support

<https://www.beyondblue.org.au/>

### General Practitioner (GP)

My GP is \_\_\_\_\_

Phone: \_\_\_\_\_

Address: \_\_\_\_\_

### Kathryn Walton

Kathryn Walton Consulting and Outdoors is my Therapy

<https://www.kathrynwalton.com.au/>

### Darling Downs and West Moreton PHN

<https://www.ddwmpnh.com.au/>

Use the clickable map to find mental health services in the region

*The information shared in the podcast and handouts is intended for general support only.*

*To the best of our knowledge, this information was correct at the time of publishing.*

*Please consult with your doctor or health provider for support based on your individual needs.*

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