



Key Themes from Tuesdays with Nexus **11 August 2020 - 9.30am**

25 people attended this session from AOD, MH and MHCSS services. You can access resources and Key themes from past sessions on our website:

<http://www.svhm.org.au/nexus/tuesdays> – Thank you for your participation.

Presentation from Kirsty Jungwirth, headspace Greensborough

- Access information shared regarding headspace Stats – please see attachment
- 120 headspace outlets across Australia – assessment with k10 and SOFAS – Plenty Valley satellite branch opening soon
- Work and Study components to headspace model is big demand
- Please contact Kirsty for more information

kirsty.jungwirth@mindaustralia.org.au

eheadspace – online MH platform for YP across Australia – open 9am – 1am AEST using webchat, telephone and email.

- FAF – Family and friends operation
- DWSS – Digital work and Study Service – Australia wide to employment assistance
- Group chats – pre-recorded info available also
- Recently celebrated 10 years of operation – over 650,000 sessions since launch, 183,000+ YP helped.
- <https://headspace.org.au/eheadspace/>

LIFT – Jo Southwell – Coordinator of LIFT

- Whole of life span support service across the North East areas using a stepped care model for mental health



- They provide expert support from mental health nurses, psychologists and counsellors, care coordinators and peer workers., YETTI and Yflex community engagement included
- <https://bchs.org.au/services/mental-health/lift-stepped-care-model/>
- For more information please contact jo.southwell@bchs.org.au

Youth Projects – Jordan Hocking, support worker

- Youth employment service
- For more information contact Jordan at jordanh@youthprojects.org.au
- https://www.youthprojects.org.au/?gclid=EAIaIQobChMI19DiooGS6wIVx9eWCh0JLQ3NEAAYASAAEgK73_D_BwE
- Hume Whittlesea Local Learning & Employment Network– Kim Stadmiller, Executive Officer
- Link community, schools and industry to assist YP with employment
- E: kim.s@hwllen.com.au | Website: www.hwllen.com.au

Next session:

'Tuesdays with Nexus' - A weekly interactive online session

- Robert Campbell – Family Drug Help/ Gambler's Help and SHARC updates

Date: Tuesday's – 18 August 2020

Start time: 9.30 am – Victoria

Duration: 30-45 mins

Link:

<https://zoom.us/j/818805658?pwd=MIRtLzZyVXZKZU5CWk1JS0c5SnJvQT09>