**Headspace: Jacob’s Story**

**Transcript**

**Jacob Woodford**: I lived out near Uki. One of the reasons why I came to Headspace is because I was struggling with my mental health and I had some struggles with home and my mum and dad were pretty unhappy and I became my mother’s carer. One of my best friends got cancer and actually passed away during Year 12, which was … it was tough. In high school I was often bullied and so I experienced a lot of outcasting and then struggling with my sexual identity, realising I was a woman that liked women and then, you know, not realising, that actually wasn’t sitting right and then realising I was actually trans and having to deal with the feelings of me hating my body and then needing to work on that to figure out what was going on. Headspace allowed me to meet practitioners who helped me work out what I was going through and make sense of it all and find community. And I guess uncover a lot of the trauma and issues that I had that I hadn’t resolved. So being in a supportive space that always made me feel welcome and cared about was really helpful on my journey. That actually has allowed me to transition and be Jacob now and made me just … the best and happiest man I can be.

**Mel Mathams:** Oh, an amazing young person who you could see is just going to flourish, you know, in their later years and just such a strong advocate for young people who are experiencing mental health issues, whether they are transitioning or not. And he was such a beautiful part of our Youth Advisory Group, was a real leader in that space as well.

**Jacob Woodford**: I love the staff here, they’re like family. Like, I’ve known a few of them since I was 17 and they’re just like some of my favourite people. They’re always just so authentic and caring and it’s like, no matter where you are, they’ll meet you at that level. And it’s like, come as you are. They’re just amazing! A perfect world would be like … where everyone can feel like they belong and they don’t have to worry about being oppressed or marginalised and everyone’s equal. And everyone, if they’re struggling, they can do better and be better. You being you is enough. And that’s okay to not be okay. It’s just important to recognise where our strengths are and how we can use those to, I guess, help us have a healthy ‘Headspace’.

**We all deserve a healthy headspace.**

**Thank you Jacob**