

Regional school students can wind down from a busy exam period with an exciting new youth event called Pens Down 2015 in the Bendigo Library Gardens.

headspace Bendigo, Star FM and the City of Greater Bendigo have teamed up to host the afternoon of live entertainment and activities on November 20.

Pens Down 2015 is designed to celebrate the end of exams and raise awareness of mental health and youth issues.

The alcohol and drug-free event will give students the chance to 'chill out' between 3pm and 6pm with live music, free food and fun activities such as a giant piñata and jenga game.

The popular Star FM 91.9 breakfast show team of Flick and Alex will emcee Pens Down.

"Studying can bring some stressful times and the team at Star FM are no strangers to exam tension," Flick said.

"Star FM are excited to kick back after a huge year of studying (and cramming!) with the students of central Victoria, bringing together fun and some much needed R & R. Top work everyone!

"Here's to Pens Down 2015. Make sure you're there."

headspace Bendigo manager Jenny Singe said Pens Down would give students a chance to wind down in a happy, safe and fun environment.

"Students have endured a stressful time and Pens Down will give them a chance to celebrate what they've achieved," she said.

"Students can just enjoy the music and fun activities or if there's anything worrying them headspace Bendigo staff will be on hand to answer questions about dealing with stress, anxiety and pressure. Bendigo Community Health Services staff will also be there to provide information on general youth issues."

"We here at headspace think it is very important to celebrate the achievements of our youth – let's hope plenty of students turn out to make the most of it."

Bendigo Community Health Services will have a stand at Pens Down offering advice on a range of youth issues.

If you can provide support for Pens Down, call headspace Bendigo on 5434 5345.

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