



### What's on in the centre?

#### Name of program: Youth Reference Group

**Details: An opportunity for young people to be heard and be active around youth mental health, alcohol and other drug issues.**

#### Speak to a headspace staff.

Name of program: Gaming - Unplugged

Details: This program supports all young people to build social and emotional skills while making new friendships

Name of program: PRISMA

Details: This group is a fantastic opportunity to connect, discuss and share life with other members of the LGBTQIA+ community



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E [reception@headspacemtisa.org.au](mailto:reception@headspacemtisa.org.au)



#### how can i find out more?

[headspace.org.au](http://headspace.org.au) provides info and resources to help you maintain your wellbeing. You can also find your closest headspace centre here – or get in touch with headspace to talk to someone.



#### is it an emergency?

If you are in an emergency situation or need immediate assistance, contact mental health services or emergency services on 000. If you need to speak to someone urgently, call Kids HelpLine 1800 55 1800 or Lifeline 13 11 14.

headspace National Youth Mental Health Foundation is funded by the Australian Government



## let's talk headspace Mount Isa

**Find out more about headspace Mount Isa and how we can help**



# headspace Mount Isa is a good place to talk about your wellbeing

headspace Mount Isa is somewhere for young people who need help with mental health, physical health (including sexual health), alcohol and other drugs or work and study support.



## we can help with:

### Mental health

We can help if you're:

- feeling down
- stressed or worried a lot of the time
- experiencing relationship problems or difficulties with your family or friends
- wanting to talk about sexuality or gender identity
- just not feeling yourself, or if you've noticed changes in your thoughts, feelings or behaviour.

### Physical and sexual health

headspace centres often have youth-friendly doctors and nurses who can assist you with issues related to:

- any physical health issues
- contraception and sexual health
- drug or alcohol use.

### Work, school and study

We can help if you're:

- struggling at school or work and feeling anxious or stressed
- unsure of what course you want to do
- needing a hand writing a resume
- searching for a job.

### Alcohol and other drugs

Alcohol and other drugs can affect things that matter to you, like your mental health, wellbeing or friendships. If you're having a hard time cutting down, we can support you to get things back on track.

### headspace Mount Isa

At headspace Mount Isa we provide a range of programs, services and support for young people aged 12 - 25 for things that might be affecting your health and wellbeing.

To find out about all the services, programs, group sessions and activities available – or to make an appointment – you can call, email or drop in.

You can also ask a friend or family member, health worker or other community service to make an appointment for you.



Find out more about our headspace centre online  
[headspace.org.au/mountisa](https://headspace.org.au/mountisa)

**All services are provided at NO COST**

**A GP visits our centre every Tuesday.  
Call us to book an appointment!**

**Walk in appointments available Monday  
- Friday 9am - 5pm**

**Our centre is open Monday - Friday 9am  
- 5pm**

**Late nights available Monday and  
Tuesday 5pm - 7pm by appointment  
only**