

let's talk headspace Sunshine

**Find out more about headspace
Sunshine and how we can help**



Visy Cares Hub
80B Harvester Road
Sunshine, VIC, 3020
P 03 9927 6222 • F 9312 1757
headspace.org.au/sunshine
E info-headspaceSunshine@orygen.org.au



how can i find out more?

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 Department of Health



**All services and groups at headspace
Sunshine are free or low cost**

Groups at headspace Sunshine

Connect Create Express (therapeutic arts group)
CreateSpace (casual art group)
Dungeons and Dragons (role-playing group)
Mental health masterclasses (For parents & young people)
Tuning into Teens (for parents!)
URSPACE (For young people seeking to improve social anxiety)
Youth Advocacy Group

Find us on social media:
Instagram [@headspace.sunshine](https://www.instagram.com/headspace.sunshine)
Facebook [@headspaceSunshine](https://www.facebook.com/headspaceSunshine)

Opening hours:
Mon - Fri: 9am - 5PM



headspace Sunshine is a good place to talk about your wellbeing

headspace Sunshine 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 Sunshine

At headspace Sunshine 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/sunshine

Privacy and Confidentiality

In Australia, laws protect young peoples' rights to have information they share with doctors and other people who provide health services be kept private.

These laws mean that what you tell people during a health care appointment must remain private between you and that person or service, except in particular situations. When you talk to any of the staff members at headspace Sunshine you can be confident that what you talk about is not shared with people outside of the service without your knowledge.

headspace Sunshine delivers all care in accordance with the Mental Health Act 2014.