

here & now sessions: what you need to know

headspace Albury Wodonga supporting you with what's
happening in your life Here and Now



what does here and now mean?

Here and Now sessions are all about getting you quick, goal-focused support when you need it most.

Built around feedback from young people and the community, we'll make the most of your time with a single session that's all about tackling what's important to you, right now.

Here and Now sessions aren't set up for regular appointments, but if you need another, you can always book one. With quick access, these sessions are all about getting you the support you need, right when it matters most.

will I see the same clinician every time?

We'll do our best to keep you with the same clinician, but it's not always possible. All our clinicians are trained and ready to support you, and if you'd prefer to see someone else, just let us know!

what happens in a here and now session?

This is your time. You'll have up to 90 minutes with a clinician, and you get to decide what to talk about.

We won't be able to cover everything, so we'll work together to focus on what's most important to you. You can share as much or as little as you're comfortable with.

These sessions often involve talking things through, learning new skills, getting advice, or exploring strategies to help you feel better.

It's also a great introduction to headspace and what a typical session looks like. You'll always leave with a plan for what to do next.

what if I want or need more sessions?

Here and Now sessions are designed for you to drop in when you need them. You can always book another session, but we'll encourage you to try what we discussed first. If you have any concerns, chat with your clinician—they can help with referrals or other support options at headspace.



headspace Albury Wodonga is a good place to talk about your wellbeing, we can help with:

Mental health

We're here to help if you're feeling down, stressed, struggling with relationships, questioning your sexuality or gender, or noticing changes in your thoughts, feelings, or behaviour.

Physical and sexual health

We can support you with referrals to youth-friendly doctors and nurses who can assist you with issues related to any physical and sexual health, contraception or 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 or 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 back on track.



headspace centres and services operate across Australia, in metro, regional and rural areas, supporting young Australians and their families to be mentally healthy and engaged in their communities.



headspace would like to acknowledge Aboriginal and Torres Strait Islander peoples as Australia's First People and Traditional Custodians. We value their cultures, identities, and continuing connection to country, waters, kin and community. We pay our respects to Elders past and present and emerging and are committed to making a positive contribution to the wellbeing of Aboriginal and Torres Strait Islander young people, by providing services that are welcoming, safe, culturally appropriate and inclusive.



headspace is committed to embracing diversity and eliminating all forms of discrimination in the provision of health services. headspace welcomes all people irrespective of ethnicity, lifestyle choice, faith, sexual orientation and gender identity.

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

are you ready to get in touch?

headspace Albury Wodonga

155 High Street, Wodonga (Gateway Health Building)

1300 332 022

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headspace.org.au/alburywodonga

Opening Hours:

Monday: 8.30am - 4.30pm

Tuesday: 8.30am - 5.30pm

Wednesday: 8.30am - 5.30pm

Thursday: 8.30am - 5.30pm

Friday: 8.30am - 4.30pm



People living well

headspace Albury Wodonga is operated by Gateway Health. All headspace services are funded by the Australian Government Department of Health. Administration of funding is carried out by the headspace centre's local Primary Health Network, in this case, Murray PHN