

What can I expect?

You can expect help with your mental health, physical health, support with drugs and alcohol and help around work and study. At **headspace Armadale** you can expect:

- Understanding, friendly staff
- A warm welcoming environment
- You will be listened to and we will take your concerns and issues seriously
- Your privacy will be respected by all staff
- You will be informed of your rights and responsibilities, given the opportunity to discuss any concerns or complaints and have them addressed quickly and fairly
- You can choose to bring a support person to your appointments

Crisis Information

headspace is not a crisis service. If it's an emergency please go to the closest Emergency Department or call the Mental Health Emergency Response Line (MHERL) on 1300 555 788.

Alternatively, please call:
Lifeline on 13 11 14 or
Kids Helpline on 1800 55 1800

Safe Space

headspace services are for anyone aged 12 to 25 regardless of gender, sexuality, race, abilities or beliefs.



For more information please contact:

headspace Armadale

40 Fourth Road, Armadale WA 6112
PO Box 350, Armadale WA 6992
PH (08) 9393 0300
FAX (08) 9393 0399

reception@headspacearmadale.com.au

headspace.org.au/armadale

facebook.com/[headspaceArmadale](https://www.facebook.com/headspaceArmadale)

Instagram: [headspaceArmadale](https://www.instagram.com/headspaceArmadale)

**headspace Armadale is proudly
delivered by lead agency
Arche Health Ltd**




headspace
Armadale

If you're aged 12-25 and are going through a tough time, **headspace** is here to help.

headspace.org.au/armadale

9393 0300

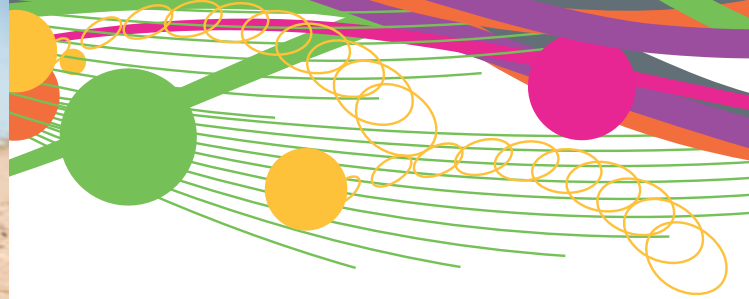




What we do

If you are aged 12-25 there are loads of ways **headspace** Armadale can help. We have Counsellors, Youth Workers, Psychologists, Drug and Alcohol workers, Nurses, Doctors, Aboriginal and Culturally Diverse Youth Workers. There is no issue too small to see us about. **headspace** can help if you:

- Feel down, stressed, or can't stop worrying
- Want to cut down on your drinking or drug use
- Can't cope with school, or find it difficult to concentrate
- Feel sick or worried about your health
- Are being bullied, hurt or harassed
- Want to talk about gender or sexual identity
- Need to see a doctor or sexual health nurse
- Are worried about work, study, or if you're having money trouble
- Are worried about someone close to you; or
- If you haven't felt like yourself for a while



Making an appointment

It is as simple as phoning or emailing us to find a time that suits you. You can also ask a friend, teacher, parent, other family member, health worker or community agency to contact **headspace** Armadale for you.

Your first appointment

Appointments at **headspace** Armadale can vary in length but are usually 50 minutes to an hour long.

It's okay to feel nervous about getting help for the first time. It can be helpful to bring along a family member, carer or a friend to support you.



Confidentiality

When you talk to a **headspace** worker, nothing you say can be passed on to anyone else without your consent. This includes your parents.

However, there are a few exceptions. Talk to your **headspace** worker about privacy to ensure you understand how it works.

Cost

Services at **headspace** Armadale are free.

Some services require you to have a referral from a doctor. But don't worry, because we help you with this as well.

