



headspace

Ballarat

Single Session Support

What is Single Session Support?

Single Session Support is a counselling approach that gives you the chance to discuss what matters most to you, right now.

Research shows that even one session can be helpful and enough to make progress.

Each session is guided by you and what you'd like to talk about with your clinician.

What you need to know

Appointments are free, and available to young people aged 12-25.

We want to help you sooner rather than later, which means you may not see the same clinician each time.

Our clinicians will help decide if one session is enough for now, or can offer ongoing support if this is suitable for you.

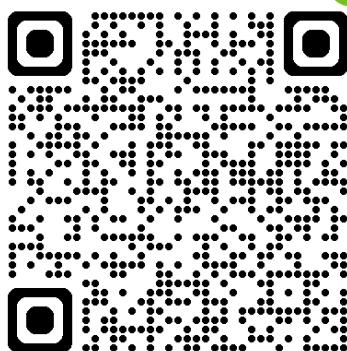
How do I make an appointment?

To make a single session support appointment, please contact headspace Ballarat and chat with our team, or complete an application form by scanning the QR

Got any questions?

We are here to help you and answer any questions you have.

You can call us during opening hours, or email info@headspaceballarat.org.au
headspace Ballarat
5304 4777



Scan the QR code to book a Single Session

Or visit the
headspace
Ballarat
website