

## Youth Reference Group

The YRG is a group of young people aged 15-25 who are passionate about mental health and are interested in helping to promote **headspace** Bunbury to the local community.

Get involved with a group of like minded young people to bring about positive change for those who struggle with their mental health in the community. Help to reduce the stigma around youth mental health issues.

## Family and Friends Reference Group

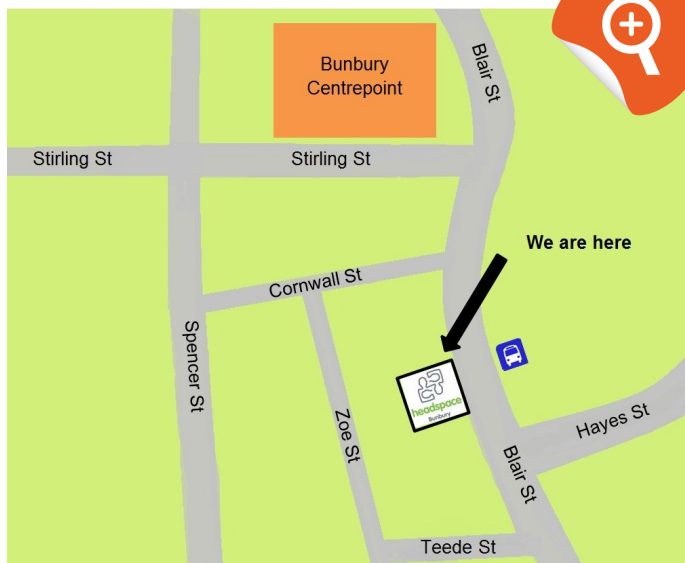
The FFRG gives family and friends of young people the opportunity to be heard and be active around youth mental health. As member you will be involved with promoting **headspace** Bunbury to parents and young people, assisting with fund raising activities, raising awareness of mental health issues and have input to parent support and education.

**Call the centre for more information on joining these groups!**

## Connect

1/82 Blair Street, Bunbury

Call us on 61640680



Limited parking is available out the front of the centre or in the Zoe Street car park for a small fee. The Cornwall Street (Centrepoint) car park is nearby and free for two hours.

Bus routes 827, 845, 841 and 844 stop right across the road from the centre.

Email us [info@headspacebunbury.org.au](mailto:info@headspacebunbury.org.au)

Fax us 62105905

Find us on Facebook

[www.facebook.com/headspacebunbury](http://www.facebook.com/headspacebunbury)

Visit the website

[www.headspace.org.au/headspace-centres/bunbury/](http://www.headspace.org.au/headspace-centres/bunbury/)



**headspace**  
Bunbury



**We've got your back**

Aged 12-25 and having a tough time?  
headspace Bunbury is here to help

headspace Bunbury has a  
range of services available for  
young people such as...

- Mental Health
- General Physical Health
- Scripts and Medication
- Sexual Health
- Gender and Sexuality
- Family and Relationship Issues
- Employment and Education
- Alcohol and Drugs Support
- Information Workshops
- Social Groups



Our team consists of youth friendly and dedicated staff including...

- Social Workers
- Psychologists
- Clinical Psychologists
- Doctor
- Nurse
- Drug and Alcohol Counsellor
- Vocational Adviser

No referral needed for your first appointment, just call or drop into the centre to organise your initial appointment.

Want more information?



Visit our website at [headspace.org.au](http://headspace.org.au) to find out more about **headspace** and what we do. You can also find helpful resources and fact sheets on a variety of subjects. The website has information for parents and carers, and real life stories from **headspace** clients all over Australia.

Just look around!

I don't think I'm ready yet



Asking for help can be scary sometimes and coming in to speak to someone can be a big step. If you feel like you want help but aren't quite ready to come in then **eheadspace** might be a great start for you.

**What is eheadspace?**

**eheadspace** is our online service for young people going through a tough time. You can find it at [eheadspace.org.au](http://eheadspace.org.au) it is a confidential and free which gives you access to web chat, email or phone support with a qualified youth mental health professional.

You can also use **eheadspace** if you have a friend or family member you are concerned about.

**headspace** National Youth Mental Health Foundation is funded by the Australian Government Department of Health under the Youth Mental Health Initiative

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