



How can young people, family, carers and friends make a referral?

A young person can self-refer via phone, email or in-person during opening hours.

Phone: please call 02 9114 4100 and have a chat to our friendly reception staff.

Email: email 'headspace.camperdown@sydney.edu.au' and provide your name, date of birth and contact number.

In-person: visit the headspace Camperdown centre during opening hours (Monday to Friday 8:30am to 5:30pm).

If a young person prefers, they can ask a friend, family member or support person to contact us to arrange an appointment.



Brain and Mind Centre
Level 2, 97 Church Street
Camperdown, NSW, 2050
P 02 9114 4100 • F 02 9351 0946
headspace.org.au/camperdown
E headspace.camperdown@sydney.edu.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



let's talk headspace Camperdown

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



headspace Camperdown is a good place to talk about your wellbeing

headspace Camperdown 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 Camperdown

At headspace Camperdown 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/camperdown

Who are we?

The team at headspace Camperdown includes Youth Access Clinicians, General Practitioners, Psychologists, Occupational Therapists, Social Workers, Exercise Physiologists, Executive Tutors, Groups facilitators, a Community Engagement Officer, a Clinical Services Manager, a Practice Manager and Administration Staff.

No cost barriers: Services at headspace Camperdown are provided at no cost or low cost to young people including international students.

Please note: headspace provides time-limited services for mild to moderate difficulties and is not an emergency service. If you need immediate support, contact Emergency services on 000 or the NSW Mental Health Line on 1800 011 511.