

Which service is right for me?

We have plenty of information and resources on our website to help you take care of your health and wellbeing.

Check out headspace.org.au

If you've been using these resources for some time without improvement it's important to get the support of a professional.

headspace centres

headspace centres provide face-to-face information, support and treatment (where appropriate) to young people aged 12–25 for anything affecting their health and wellbeing.

To find out about the services that are available or to make an appointment you can call, email or drop in to your local headspace centre. You can also ask a friend or family member, health worker or community agency to make an appointment for you.

Find your nearest headspace centre at headspace.org.au/centres

eheadspace

eheadspace is our national online and phone support service for people aged 12–25, their families and friends. You will speak with experienced and qualified mental health clinicians.

Webchat and phone support operates from 3pm–10pm (local time), every day of the year.

All you need to do to access eheadspace is register at headspace.org.au/eheadspace (for webchat or email support) or call **1800 650 890**.



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 eheadspace 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 Department of Health and Aged Care.

how we can help



headspace

National Youth Mental Health Foundation



**when things
get tough it
can help
to talk to
someone.**

**headspace is
a good place
to start.**



Many things contribute to someone's mental health. That's why, at headspace, we provide information, support and services across four key areas affecting a young person's health and wellbeing:

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

Most headspace centres 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.

If your nearest headspace centre doesn't have a doctor or nurse, they can recommend a youth-friendly doctor in your area.

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.

