

# information pack for young people



**headspace** Camperdown  
Level 2, 97 Church Street  
Camperdown, NSW 2050

 (02) 9114 4100

 [headspace.camperdown@sydney.edu.au](mailto:headspace.camperdown@sydney.edu.au)

 [headspace.org.au/headspace-centres/headspace-camperdown/](https://headspace.org.au/headspace-centres/headspace-camperdown/)

 @headspace\_camperdown

## Opening hours

Mon to Fri: 8:30am – 5:30pm

Sat and Sun: Closed

# centre location and accessibility

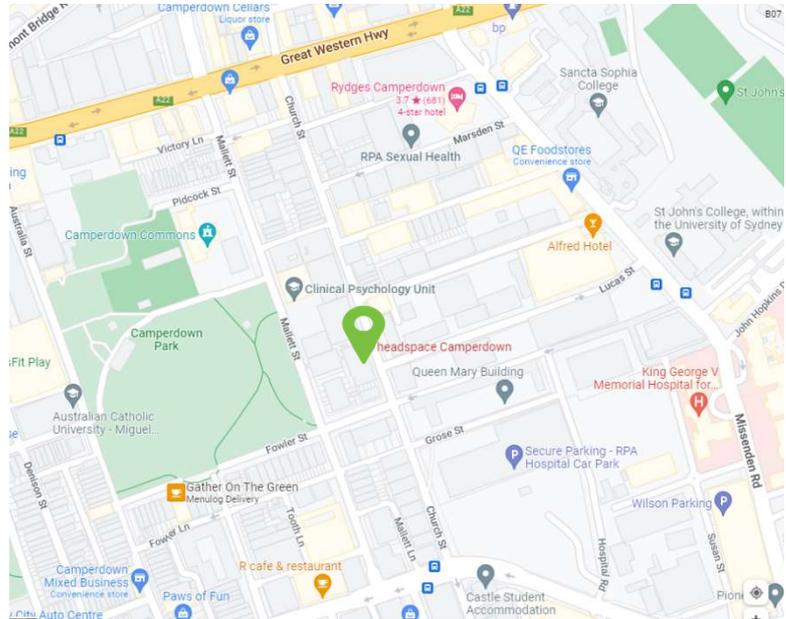
headspace Camperdown is located in the Brain and Mind Centre at the University of Sydney. Enter at 97 Church Street and then take the lift or stairs up to level 2.

## Address:

Level 2, 97 Church St  
Camperdown NSW 2050



## Map:



<https://goo.gl/maps/PJgYPYsbYUuvjZXz6>

## Access:

-  Wheelchair accessible entrance
- Lift
- Accessible/unisex toilets
- Braille sign

If you have any specific accessibility needs, please let us know prior to your first appointment at **headspace** Camperdown so we can be aware of how to best assist.

## Public transport:

We recommend getting here via public transport as street parking is limited.

**By bus:** There is a convenient stop on Parramatta Rd near the corner of Mallett Street.

**By train:** Newtown is the closest train station. It is about a 15–20-minute walk.

Plan your trip here [transportnsw.info/trip/](http://transportnsw.info/trip/)

## Parking:

Limited 2hr street parking is available on Church Street and in the surrounding streets.

# welcome to headspace

This pack will introduce you to our service and where you can find further information and support. Getting help early for mental health difficulty takes a lot of courage, but it makes a big difference to how quickly you can get back on track with your life.

## Eligibility

Young people aged 12 – 25 years can access services **headspace** Camperdown. You can attend the centre even if it is not your local **headspace** centre. A referral is not required to book an initial appointment.

## How can we help?

**headspace** is the National Youth Mental Health Foundation. **headspace** provides information, support, and services across four key areas which may affect a young person's health and wellbeing:



### Mental health

We can help if you're:

- Feeling down, stressed or worried
- 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

Many **headspace** centres have youth-friendly doctors and nurses who can assist you with:

- any physical health issues
- contraception and sexual health advice.

If your nearest **headspace** centre doesn't have a doctor or nurse, they can still 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, and also to your emotional, physical and mental health. It can impact on your work, your study and the relationships in your life. If you're having a hard time stopping, or cutting back, we can support you with:

- developing a plan to tackle your challenges
- connecting with supports, including professional help like GPs and counsellors
- identifying triggers and provide you with tools and advice on how to avoid them.



# headspace resources and services

## headspace centres

**headspace** centres provide young people with access to a range of health workers who have specific expertise in working with young people – including doctors, psychologists, social workers, alcohol and drug workers, counsellors, vocational workers, occupational therapists, and youth workers.

Young people can make an appointment at a centre in person or by phone or email or ask a friend, family member or health worker to make an appointment on their behalf.

The **headspace** centre service model is tailored to young people's needs – providing services that are developmentally appropriate, suited to the stage and complexity of illness, comprehensive, evidence based and quality assured.

The **headspace** model works on a multidisciplinary team approach. Information may be shared across teams about a young person to ensure they're receiving the most suitable care for their needs. This approach also ensures young people are not having to retell their story.

Please note: **headspace** provides time-limited services for mild to moderate difficulties. It is not an emergency service. If you need immediate support or medical assistance contact:

Emergency services 000

Lifeline 13 11 14

Kids helpline 1800 55 1800

## headspace website



The **headspace** website is the place to find information about mental and physical health, work and study, drugs and alcohol and how to get help. To access the **headspace** website visit [headspace.org.au](https://www.headspace.org.au).

## eheadspace



eheadspace is a national online and phone support service for people aged 12–25, their families and friends. eheadspace is staffed by experienced and qualified youth mental health professionals.

Web-chat and phone support operates from 9am – 1am (AEST), every day of the year. All you need to do to access eheadspace is create an account at [headspace.org.au](https://www.headspace.org.au) (for web-chat or email support) or call 1800 650 890.

## Digital work and study



**headspace** Work and Study is an online and phone support service for people aged 15–25 years who need support with

work or study. It is staffed by work and study specialists.

The service operates within business hours, and we will try and find an appointment time that works for you.

To access the Work and Study service, all you need to do is register at [headspace.org.au/workandstudy](https://www.headspace.org.au/workandstudy) (for web-chat and email) or phone 1800 810 794.

All Work and Study services are free, but if you call from your mobile your usual call charges will apply.

## Career mentoring



Career Mentoring is an online and over the phone service that connects young people aged 18-25 with an industry mentor in their field of interest. Mentors work with young people to help them find, maintain and enjoy work.

Mentoring occurs every two weeks, for up to six months.

To register your interest in Career Mentoring, you can visit

[headspace.org.au/mentoring](https://www.headspace.org.au/mentoring)

All Career Mentoring services are free. If you're connecting with your mentor by phone, you will be given a toll free number to call.

## how to make a referral

headspace Camperdown accepts referrals from multiple sources:

- Young people (self-referral)
- Family, carers, and friends
- Service providers

### 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 (Monday to Friday from 8:30am to 5:30pm)

- **Phone:** Please call (02) 9114 4100 and have a chat to one of our friendly administrative assistants. You can also leave a voicemail with your contact details and a team member will give you a call back.
- **Email:** Email us to request a call back and include your Full Name, Date of Birth and preferred contact number.
- **In-person:** Young people can visit the **headspace** Camperdown centre during opening hour to organise an appointment.

If a young person prefers, they can ask a friend, family member or supportive other to contact us to discuss arranging an appointment.

Please note: our **headspace** Camperdown email is only monitored during opening hours. Allow up to 2 business days for a call back. As email is not considered secure for exchanging highly confidential or sensitive information, please consider carefully what information you include in your electronic communications.

### How can service providers and health professionals make a referral?

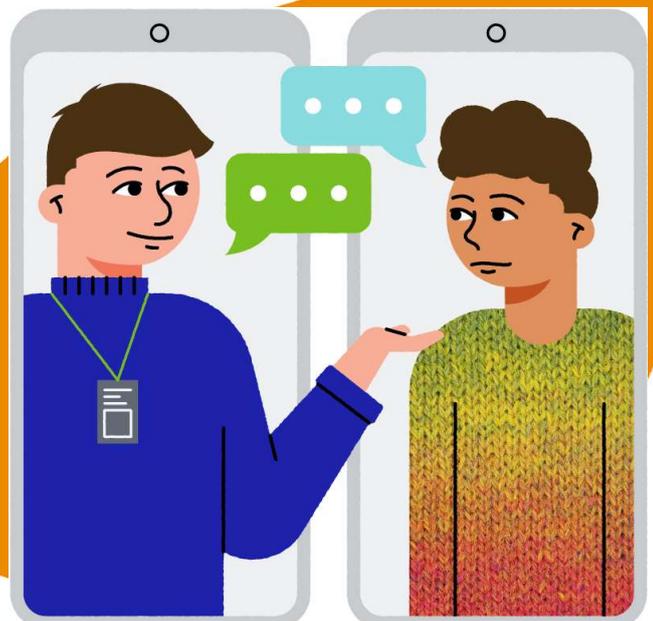
General Practitioners may refer a young person through a standard referral letter. If the young person has a Mental Health Care Plan in place, we request this be included with the referral letter.

If you are an external service provider or other health professional, we ask you to fill out our referral form <https://headspace.org.au/assets/Uploads/Centres/Camperdown/Camperdown-updateref-form.pdf> (you can also find this form on our website), and fax or email us:

FAX: (02) 9351 0946

Email: [headspace.camperdown@sydney.edu.au](mailto:headspace.camperdown@sydney.edu.au)

Please allow up to 2 business days for our centre to process a service provider referral.



# what happens when a young person visits a headspace centre?

## Your first visit:



## After the first visit:

If you choose to continue at **headspace**, together we might work on goals you've identified as important to you. We would work together to plan the next steps which may include:



- Brief intervention and problem solving with a qualified clinician
- Early intervention and supportive counselling with one of our clinical team
- Access to a doctor and/or mental health nurse for physical or mental health difficulties
- Study or vocational assistance with a work and study specialist
- Referral to other agencies best suited to the young person and/or family's needs. If the young person needs referral from a doctor to access a particular service, **headspace** can arrange this

## How long will an appointment take?

Appointments usually last 50 minutes to an hour. Sessions with a GP might be shorter. Initial appointments with our psychiatry registrar can take up to 90 minutes.

## How much will an appointment cost?

All young people accessing **headspace** Camperdown receive a FREE initial assessment with a Youth Access Clinician. Other services at **headspace** Camperdown are provided at no cost or low cost. A valid Medicare card or overseas health insurance cover (OSHC) may be required to access free or low-cost services. There are also mental health support options for young people that do not have Medicare or OSHC.

**headspace** clinicians are paid from the Medicare Benefits Schedule (MBS) or from funding from the Primary health network (CESPHN). Services provided under the Better Access Initiative through the MBS are either bulk billed (no cost to client) or involve a fee for service (low cost). This includes psychology and exercise physiology services. A valid GP referral is required to access psychology and exercise physiology services.

Fee schedule for services can be confirmed with the Youth Access Clinician after the initial appointment. To ensure young people are not deterred due to cost, **headspace** Camperdown ensures 'no cost' options are prioritised where cost may be a barrier to a young person accessing support.

What no cost and low-cost means:

No Cost	Low Cost NB: Medicare benefit plus 10%
<ul style="list-style-type: none"> <li>• Direct billed to Medicare (bulk billed)</li> <li>• The service provider is paid directly by Medicare</li> <li>• No payment is taken from the client, so there is no out of pocket (gap) cost to the client</li> </ul>	<ul style="list-style-type: none"> <li>• A fee-for-service is charged to the client (the 'service recipient')</li> <li>• Payment is required in full* and expected at the date of service, after your session. Payment can be made via EFTPOS, Visa, Mastercard (no AMEX or DINERS).</li> <li>• The out-of-pocket cost is the difference (the 'gap') between the fee paid and the Medicare benefit (the 'rebate')*</li> </ul>

\*MBS Funded: once full payment is received, we can send your claim directly to Medicare Australia. Medicare will then process the claim and pay your Medicare benefit into the bank account you have registered with them, or directly onto your EFTPOS card if we process your claim on the spot through our EFTPOS terminal.

All services funded by the Primary health network are free to clients. These include:

- Psychological Support Services (PSS)
- Brief Intervention psychology services
- Relationships Australia
- General Practitioner
- Groups

## international student fee information

### What is Overseas Health Cover (OSHC)?

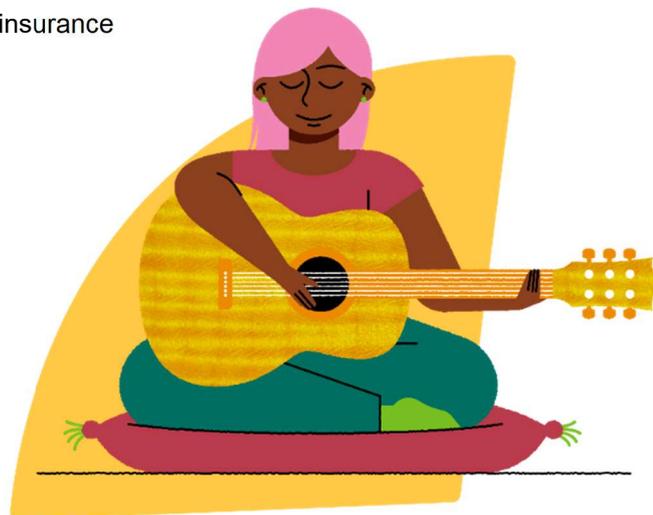
OSHC is the required health cover for international students in Australia and must cover the length of your stay. This would have been organised when you arranged your visa. OSHC benefits are similar to the cover Australians receive through Medicare. Every OSHC provider is different so check your cover by contacting your Overseas Health Cover provider to avoid any unwanted charges.

For students under OSHC, there may be a fee that you will need to pay if your policy does not cover the service or if your OSHC insurer determines there is no benefit payable. Contact your membership provider for further information.

### What should I do if I have a complaint about my OSHC provider?

If you face a situation where you feel like you're being taken advantage of or unfairly treated in regards to your OSHC, you can contact the Private Health Insurance Ombudsman (PHIO). It's a free service designed to help you out of trouble!

- <http://www.ombudsman.gov.au/about/private-health-insurance>
- Phone: 1300 362 072 (within Australia)
- Email: [phio.info@ombudsman.gov.au](mailto:phio.info@ombudsman.gov.au)



# services at headspace Camperdown



## General practitioner (GP) services

GPs are medical doctors who can help with a wide range of health issues, including physical, sexual, and mental health concerns and healthy lifestyle advice.



## Exercise physiology

Exercise physiologists provide individual exercise plans for chronic physical and mental health conditions.

## Psychiatry registrar assessment

Psychiatrists are medical doctors who specialise in mental health. A **Psychiatric Registrar** is a psychiatrist at the final stages of their training and can do much of what a psychiatrist does. The registrar is supervised by the more senior psychiatrist. An internal referral by the **headspace** multidisciplinary team is required to see our psychiatry registrar.

## Group programs

**headspace** Camperdown offers several group programs – Art Space, Active Group, Q-Group for LGBTIQ+ young people, UNSTUCK therapy program, CONNECT (social anxiety) program, Neurodiverse Social Group, and Family & Friends Group. See our group program schedule attached at the end of this document or ask reception for further information.



## Brief intervention

Up to five sessions of therapeutic intervention targeting specific goals with **headspace** clinicians (psychologists, social workers and other allied mental health clinicians).

## Psychology

We can offer 6-10 psychology sessions with our psychology students, Medicare (MBS) or our Psychological Support Services (PSS) clinicians.

Please note that psychology sessions at **headspace** are in high demand and waiting times to commence with a psychologist range from one month to four months from the time we receive the valid referral and mental health care plan from your GP.

For this reason, your Youth Access Clinician may provide you with other no-cost or low-cost options for psychology outside of

**headspace** to ensure that you can access affordable psychological support in a timely manner.

## Youth Law Australia

**headspace** Camperdown has partnered with Youth Law Australia to provide free general legal advice to young people around legal questions including employment, tenancy, education, and some criminal matters.

## Family therapy

Our Family Therapist is a trained family and relationships counsellor with Relationships Australia. They can assist families to better communicate and explore difficult issues. They can also help families to make changes to support each other more effectively.

# a young person's rights and responsibilities

It's important that you know what to expect from **headspace** Camperdown and what your responsibilities are while you are receiving support. We believe it is important to respect your rights, and we want to work together with you to ensure that you receive all the support you need to achieve your goals.

## Statement of client rights and responsibilities

### Your rights:

- To access safe and high quality health care, assessment, and services that facilitate and support your recovery and wellbeing
- To be informed in a clear and open way about the availability of services, waiting times, associated costs, and your options for care and support
- To be shown respect, dignity, and consideration, and have your wishes and lived experiences respected and taken into account
- To be included in decisions that affect you and have your wishes and preferences understood with regard to future support and care
- Have your rights to privacy and confidentiality respected by all workers at **headspace** Camperdown
- To make a complaint and have your concerns dealt with fairly and promptly, and without fear of compromising treatment or care
- Request access to, and correction of, your information that is collected by **headspace** Camperdown
- To nominate the involvement of your family and friends in your care at **headspace** Camperdown.

### Your responsibilities:

- To disclose relevant information that may affect the health care services that we provide to you
- To treat staff and other people within the service with respect and dignity
- Discuss any concerns openly with your clinician or any one of our workers
- Notify us, within a reasonable timeframe, if you need to cancel or reschedule your appointment
- Respect the privacy of others you may come in to contact with in your interactions at **headspace** Camperdown
- Respect your own health safety and welfare, and that of others.

### More information:

Australian Commission on Safety and Quality in Health Care. (2008). *The Australian Charter of Healthcare Rights*. Retrieved from <https://www.safetyandquality.gov.au/national-priorities/charter-of-healthcare-rights/>

Australian Commission on Safety and Quality in Health Care. (2017). *National Safety and Quality Health Service Standards* (2<sup>nd</sup> edition). Retrieved from <https://www.safetyandquality.gov.au/publications/national-safety-and-quality-health-service-standards-second-edition/>

Australian Psychological Society. (2015). *Charter for clients of APS psychologists*. Retrieved from <https://www.psychology.org.au/Assets/Files/APS-Charter-for-clients.pdf>

Commonwealth of Australia. (2010). *National Standards for Mental Health Services 2010*. Retrieved from <http://www.health.gov.au/internet/main/publishing.nsf/content/mental-pubs-n-servst10>

Commonwealth of Australia. (2012). *National Mental Health Statement of Rights and Responsibilities 2012*. Retrieved from <http://www.health.gov.au/internet/publications/publishing.nsf/Content/pub-sqps-rights-toc>

The Royal Australian College of General Practitioners (RACGP). (2015). *The RACGP General Practice Patient Charter*. Retrieved from <https://www.racgp.org.au/gppatientcharter>

## Consent for treatment

**headspace** Camperdown is a voluntary service. Health workers can only provide treatment to young people who give consent. This is something we will ask you when you attend.

*If the young person is under 18:* A parent or legal guardian is the appropriate person to give consent to access our service. The law presumes that people have capacity to make decisions about their health care at 18 years of age. In South Australia it is 16 years.

However, before reaching this age young people can develop the capacity to make decisions about their health care. Capacity to consent relates to the specific decision. While a young person may be competent to make some medical decisions, it does not mean they have the capacity to make all medical decisions independently.

Some young people can consent to treatment without parental permission and are known as mature minors or have Gillick Competence.

Generally, if you are 14 years or over, your parents cannot see your health records, unless you agree to this.

[www.health.nsw.gov.au/kidsfamilies/youth/Factsheets/youth-friendly-confidentiality.pdf](http://www.health.nsw.gov.au/kidsfamilies/youth/Factsheets/youth-friendly-confidentiality.pdf)

[www.avant.org.au/Resources/Public/Children-and-consent/](http://www.avant.org.au/Resources/Public/Children-and-consent/)

If you would like a copy of our Consent Policy, please speak to a **headspace** worker.

## Confidentiality and our duty of care

When you talk to a **headspace** worker what you say is kept confidential. This means nothing you say can be passed on to anyone else without your permission unless we are

seriously worried about your safety or the safety of someone else. This is because we have a duty of care to try to keep everyone safe.

In these cases, we'll provide only necessary information to appropriate support people and services that can protect you and/or others, such as a parent or nominated support person, a crisis service or the police. Where possible we will be open about this with you and let you know if our concerns reach the point where we need to involve other services.

There are some circumstances where, when directed by the courts (such as in a legal case), confidential material may be required to be released. If this happens, we will endeavour to include you as much as possible.

If you have any questions about confidentiality or our duty of care, download a copy of the **headspace** Privacy Policy at [headspace.org.au/privacy-policy](http://headspace.org.au/privacy-policy) or speak to a **headspace** worker.

## Involvement of family, carers, and friends

We believe that your family, carers, and friends play an important role in your path to better wellbeing.

We understand that there may be many different types of family, carers, and friends that are important in your life.

Research shows that involving family, carers, and friends in a young person's care can lead to better health outcomes<sup>1</sup>. Wherever possible, we support and create meaningful opportunities for your family, carer, and friends to directly participate in our services, in ways that you are comfortable

with, and that are likely to be beneficial to your wellbeing.

All involvement of family, carers, and friends at **headspace** is done with your privacy and confidentiality in mind.

## What's shared decision-making?

We encourage you to be involved in all decisions about our work together. Our workers will discuss all service options with you and allow for your preferences (along with evidence about what works) to guide decision-making about your care.

When a young person engages with **headspace** Camperdown, we ask what the young person would like to get from their experience with our centre. To assist with care planning, **headspace** Camperdown workers will ask young people if there are specific problems that they would like to work on and what outcomes they hope to achieve.

## How do I get the right support for me?

When you talk with a **headspace** worker, it's important that you feel safe and comfortable – we will do our best to make sure this happens.

If you do not think your **headspace** visits are working out it is important to ask yourself why. There could be a few reasons: it might be because it is hard to talk about what's on your mind, or it might be that you and your worker are not the right fit. Either way, don't give up. Talk to your worker or another staff member like our admin team about how you are feeling and together you can find a way forward.

<sup>1</sup> Hopkins L, Lee S, McGrane T, Barbara-May R. Single

session family therapy in youth mental health: can it help?

Australasian Psychiatry. 2017;25(2):108-11.

## How often will I visit headspace?

You may access **headspace** centres many times over the course of your time with **headspace**, however some young people may only attend the service once and some young people may return to the service after a period of absence. This is because the **headspace** model is responsive to the individual needs of each young person<sup>2</sup>.

## How do you collect my personal information?

To provide you with the best possible support, care and treatment, and continue to improve our service, we collect some information about all of the young people who access our services, the services they receive and the outcomes they achieve.

Before you access our services, we will ask you to provide us with some personal information about yourself. We may also ask your permission to collect information about you from other health workers, such as your doctor.

## What personal information will be collected?

We will collect personal information that helps us provide services to you.

This includes your:

- full name and title
- date of birth
- address and contact number
- gender and sexual identity
- sexual preference
- emergency contact
- country of birth
- language spoken at home
- Aboriginal and Torres Strait Islander status

- Highest level of education

We understand that you might not want to answer some of these questions, and that's OK.

At the centre, you will also be asked a few questions on a tablet about your health and wellbeing. To help both us and you track whether you feel you are improving, you'll be asked the same questions before each service you receive.

Your health worker will also create a file for you, to document all care you receive.

We can only collect this information from you if you give consent.

To help you decide whether you'd like to give this information, our consent form will tell you how we collect, protect and use your information, how you can apply for access to your personal information and how to make a complaint about our use of your personal information.

If there is information you don't want us to collect, please tell us. It's no problem, and we can chat it through.

## How is my personal information kept private and secure?

We're committed to protecting the privacy of your personal information. The privacy of your information is also protected by law.

We make sure that your information is managed according to all current privacy and information security legislation, which sets standards for the collection, access, storage and use of the information we collect as part of our normal operations.

We also destroy, delete or de-identify this information when it's no longer needed.

If you would like more detail about how we collect and manage personal information, download a copy of the **headspace** Privacy Policy at [headspace.org.au/privacy-policy/](https://headspace.org.au/privacy-policy/) or speak to a **headspace** worker.

## Youth Participation

We believe that youth participation is the key to delivering the best services for young people. We aim to provide young people with meaningful opportunities to participate and collaborate with our centre and local community through our youth advisory group.

Young people involved in this group will have the opportunity to be involved in a number of ways, including providing input on our services, programs and resources and planning and helping out at community events. Our Youth Advisory Group meets once a month to discuss how to promote **headspace** and mental health awareness to our local community. It's a great way to connect with others and share your ideas.

If you are a young person aged between 16–25 and are passionate about mental health, we encourage you to enquire about opportunities to join the **headspace** Camperdown Youth Advisory Group.

For more information or to join, visit [headspace.org.au/headspace-centres/headspace-camperdown/](https://headspace.org.au/headspace-centres/headspace-camperdown/) or speak to a **headspace** worker.

<sup>2</sup> *Introduction to headspace*, [headspacelearning.org.au](https://headspacelearning.org.au) [2 March 2018]

## English as a second language

Our services are provided in English. In some cases, interpreters can be arranged in advance to support you or your family and friends to communicate with a **headspace** worker during a session.

For more information on mental health in a language other than English, please speak to a **headspace** worker or visit Embrace Multicultural Mental Health at [embracementalhealth.org.au/](http://embracementalhealth.org.au/)

## Our commitment to inclusive practice

We understand that some groups of young people may experience additional or heightened barriers to accessing help for mental health difficulties:

- Aboriginal and Torres Strait Islander young people
- lesbian, gay, bisexual, transgender, intersex or questioning (LGBTIQ) young people
- young people from culturally and linguistically diverse (CALD) backgrounds
- homeless young people
- young men

- young people with disabilities
- young people in rural/remote communities
- young people who use alcohol and other drugs.

To ensure our services are accessible, acceptable, appropriate and sustainable for all young people, we are committed to inclusive practice.

Inclusive practice involves being responsive to the needs of all young people, irrespective of their culture, language, gender, appearance, sexuality, lifestyle, values and beliefs, abilities or socio-economic differences.

As an inclusive service, we:

- acknowledge and respect all people
- treat all young people fairly
- do not discriminate against or judge young people
- challenge negative stereotypes
- help young people to attend to their immediate basic needs before engaging them in treatment (e.g. food, housing, safety, employment and daily living skills)

- offer flexible, tailored and culturally respectful approaches to treatment.

## Feedback – compliments, suggestions and complaints

We appreciate all feedback (compliments, complaints and suggestions) about the services and care we provide to young people. Feedback helps us to improve the quality of our services.

You have a right to make a complaint and have your concerns dealt with fairly and promptly, and without fear of compromising treatment or care.

You can provide feedback about your service experience in a number of ways, including:

- in person at our centre,
- via email – [headspace.camperdown@sydney.edu.au](mailto:headspace.camperdown@sydney.edu.au)
- Google review - <https://g.page/r/CW-Ab5ZPHpOhEAg/review>

Your feedback is taken seriously and is dealt with in a timely manner to ensure you have the best possible service experience.

# further information and options while you wait

The following agencies also provide information and support to young people.

## National agencies

Agency	Contact details	About
Head to Health (H2H)	<a href="http://headtohealth.gov.au">headtohealth.gov.au</a> 1800 595 212	The National Mental Health Gateway – providing extensive information on digital and teleweb supports across Australia.
Lifeline Australia	<a href="http://lifeline.org.au/">lifeline.org.au/</a> 13 11 14	A non-profit organisation that provides free, 24-hour telephone crisis support service in Australia.
Kids Helpline	<a href="http://kidshelpline.com.au/">kidshelpline.com.au/</a> 1800 55 1800	For young people aged 5 to 25 Telephone and WebChat counselling and support 24/7
BeyondBlue	<a href="http://beyondblue.org.au">beyondblue.org.au</a> 1300 224 636	Information, online chat, email & 24/7 phone support
Qlife	<a href="http://qlife.org.au">qlife.org.au</a> 1800 184 527	Online chat & phone counselling for lesbian, gay, bisexual, transsexual and intersex (LGBTI) young people
Reachout	<a href="http://reachout.com">reachout.com</a>	Information, tools, forums and apps to help cope with tough times and improve wellbeing
National Disability Insurance Agency	<a href="http://ndis.gov.au/">ndis.gov.au/</a> 1800 800 110	Implements the National Disability Insurance Scheme (NDIS), providing support for Australians with disability, their families and carers.

## State agencies

Agency	Contact details	About
NSW Mental Health – 24-hour contact	1800 011 511	A 24-hour telephone service operating seven days a week across NSW.
Disability services	<a href="http://ndis.gov.au/">ndis.gov.au/</a>	NDIS in New South Wales

# GROUP SCHEDULE



## Monday

### ACTIVE GROUP

4:00 - 5:00 PM

12-25 y.o

ARTspace  
TEENS

4:15 - 5:30 PM

12-16 y.o



## Tuesday

### Q-GROUP

3:00 - 5:00 PM

17-25 y.o



## Thursday

### ARTspace YOUNG PEOPLE

4:00 - 5:30 PM

17-25 y.o



## Monthly

### FAMILY, CARERS & FRIENDS SUPPORT GROUP

### NEURODIVERSE SOCIAL GROUP

17-25 y.o



## Quarterly

### • (UN)STUCK PROGRAM

17-25 y.o

### • CONNECT PROGRAM

17-25 y.o

Our groups are open to young people accessing headspace services. Young people in our local community are also welcome to attend if they need some extra support.

## Information

### How do I join the groups?

If you access headspace services, ask your clinician to refer you to a group or you can contact us directly:

headspace.camperdown@sydney.edu.au

### External referrals

Services wanting to refer young people to the groups who aren't clients of headspace Camperdown can email us for the external group referral form:

headspace.camperdown@sydney.edu.au

### Accessibility needs

Please let us know if you have any accessibility needs so we can assist in making the groups more inclusive to your needs

Follow us on insta

@headspace\_camperdown



## **ACTIVE Group**

This group (12-25 y.o) meets up weekly for a social walk around our local area. A great opportunity to connect and share ideas with new people in the sunshine.

## **ARTspace**

This group is a social space where you can learn about different art processes and get to be creative with others.

The group runs twice a week. Once for 12-16 y.o and for 17-25 y.o. We can't wait to meet you!

## **Q group**

The Q group invites all young people (17-25 y.o) identifying as LGBTIQ+ or questioning to connect with us for different weekly fun activities at the service. e.g cooking, art activities, board games

## **Family, Carer & Friends Group**

Our family, carers and friends group meets monthly (online) to discuss a different youth mental health topic each month to assist you in better supporting your young person.

## **Neurodiverse Social Group**

This monthly group creates a supportive space for neurodiverse young people (17-25 y.o) to share ideas, try out new activities and make new friends.

## **(UN)stuck Program**

In this 6 week therapy program (for 17-25 y.o) where we learn how to skilfully relate to difficult thoughts and feelings.

We explore our values and learn techniques that can assist us to live a more meaningful life .

## **CONNECT Program**

This 8 week program invites young people (17-25 y.o) to learn new skills to better connect with new and existing people in their lives. We would like to assist you to feel more confident in your everyday life and feel less bound by anxious feelings and self doubt in social situations.

**contact: [headspace.camperdown@sydney.edu.au](mailto:headspace.camperdown@sydney.edu.au)**