

But first, we do intake:

An intake is where a young person chats with a youth worker. They'll ask for some basic information and a bit about what's brought you to headspace.

Want support or to make a referral?
check our website
FAQs



check out our website
for more info!



Need urgent support?

call Lifeline - 13 11 14

Kids helpline - 1800 55 1800

You can also get help online at
[ehespace.com](https://www.headspace.com)

support options

What headspace Canberra
offers young people





Brief Intervention Stream (BIS)

One-on-one mini workshops based on mental health topics that young people pick! 6 sessions. Free. No Mental Health Treatment Plan (MHTP) required.

Youth Care Coordinator (YCC)

Mental health counselling with a youth worker. 6 sessions. Free. No MHTP required.

First Nations YCC

First Nations specific YCC. They also do outreach and community engagement. Free. No MHTP required.

Mental Health Clinicians

Mental health counselling with a qualified psychologist or a psychology intern. 6 sessions. Free. MHTP required for qualified psychologists.

Partnerships

Alcohol and Other Drug Services

Directions and YDAP come to us to provide non-judgemental alcohol and drug counselling.

Education and Employment Support

Personnel Group help young people achieve education and employment goals.

Next Steps Low

To help keep our waitlist low we partner with Next Steps Low. They offer 6 counselling sessions.

Next Steps High

If a young person has come to headspace for support but needs something a bit more intensive, Next Steps High offer up to 18 counselling sessions.

Child Adolescent Mental Health Service -CAHMS

CAHMS comes to us to provide Psychiatric assessments. If ongoing Psychiatric support is needed they'll help young people get linked in.



Partnerships are all free and happen on site at headspace Canberra!

Peer Worker

Our peer worker runs wellbeing workshops from a peer perspective. Free. Anyone aged 16-25 can come - just email peerworker@gph.org.au.

Family Clinician

The family clinician supports the family, guardians, mob, whanau or close supports of young people engaged with headspace. Free. Up to 3 sessions.

GP

Dr Liz is a bulk billing Doctor. She specialises in mental health, sexual health and LGBTIA wellbeing. She can do Implanon and has long appointment times. Young people don't need a Medicare card to attend – asylum seekers welcome!

Art Therapist

Our Art Therapist can help young people express themselves and explore mental health through art.

