



headspace

Canberra

Street Level B, Building 18, University of Canberra,
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Bruce ACT 2601
Tel 02 6201 5343 **Fax** 02 6201 2345
headspace.org.au

yourspace

information and engagement @ headspace Canberra

Going through a tough time?

headspace can help...

We aim to make it as easy as possible for young people and their families to get the help they need for the problems affecting their wellbeing.

We welcome you to come in, see the centre, meet the team, and find out some of the ways we can help.

When

1st and 3rd Thursday of each month at 4.30pm—5.30pm

Where

headspace Canberra, Level B,
170 Haydon Drive
BRUCE ACT 2612

Contact

02 6201 5343

info@headspacecanberra.org.au

What to expect...

The presentation will cover:

- what is headspace?
- info on mental health and a Young Person's story
- supports available, and how to access the help you want
- opportunity for questions

Next steps:

You might choose to:

- give us your details (name, phone etc.)
- fill in a questionnaire about your mental health
- give us a copy of your Mental Health Treatment plan from your GP (if you have one)
- book an appointment for further support