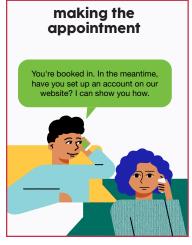


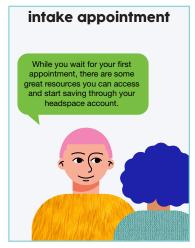
using a headspace account

a young person journey

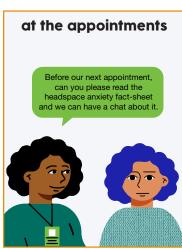
Frankie feels worried all the time. She feels restless and can't concentrate. Her mind feels like it's racing all the time and she hasn't been sleeping well for about 4 weeks. She talks to her parents and they decide to make an appointment at their local headspace centre.























The headspace digital resources and services have been developed to support a broad range of mental health issues. Spend some time exploring them to discover how they can be used to complement your work with young people.