

# Welcome to headspace



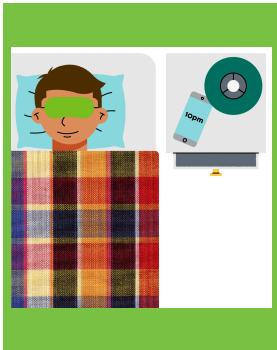
Waiting for an appointment can feel tough — especially if things are already hard. Here a bit more information for you while you wait.



## What next?

We will contact you as soon an appointment becomes available. While you are waiting, you can always contact us. For contact details, go to our website: [headspace.org.au/headspace-centres/coffs-harbour/](https://headspace.org.au/headspace-centres/coffs-harbour/)

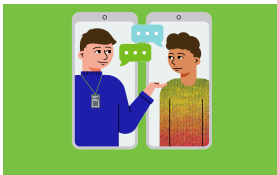
We operate the 'No wrong door' principle which means you can come to us for support no matter what's going on. You don't need the right words, a diagnosis, or to know where to start. If we can help, we will — and if you need something outside headspace, we'll help you get connected, so you're not left on your own.



## While you wait tips

Here are some things that can help while you wait. You don't have to do everything — even one small step can help.

- Keep a simple routine (sleep, meals, getting outside)
- Write down what's been hard — and what's helped before
- Talk to one trusted person (friend, family member, teacher, support worker)
- Try short grounding exercises (slow breathing, noticing 5 things you can see)
- Take breaks from social media if it's making things feel worse



## eheadspace

You don't need to wait for your appointment to talk to someone. You can speak to someone at eheadspace online by phone or through email counselling with headspace clinicians available 7 days a week! Go to: [ehespace.org.au](https://ehespace.org.au) or call 1800 650 890



## If things feel unsafe or overwhelming:

- Lifeline – 13 11 14 (24/7)
- Kids Helpline – 1800 55 1800 (ages 5–25)
- Suicide Call Back Service – 1300 659 467
- Emergency – Call 000