



We provide free, youth friendly and confidential services to young people aged 12-25 and the family and friends supporting them.

Opening Hours & Accessibility

Monday to Thursday 8:30am - 5pm
Friday 8:30am - 1pm

On-street parking is available on Little Street (including disabled parking within 20 metres)

Wheelchair accessible centre.

To make an appointment or if you have any questions, you can give us a call on 02 6652 1878.

Referral forms, further centre details and upcoming events can be found through our website.



45-53 Little Street
Coffs Harbour, NSW, 2450
P 02 6652 1878
headspace.org.au/coffsharbour
E hch@healthvoyage.org.au



how can i find out more?

headspace.org.au provides info and resources to help you maintain your wellbeing. You can also find your closest headspace centre here – or get in touch with headspace to talk to someone.



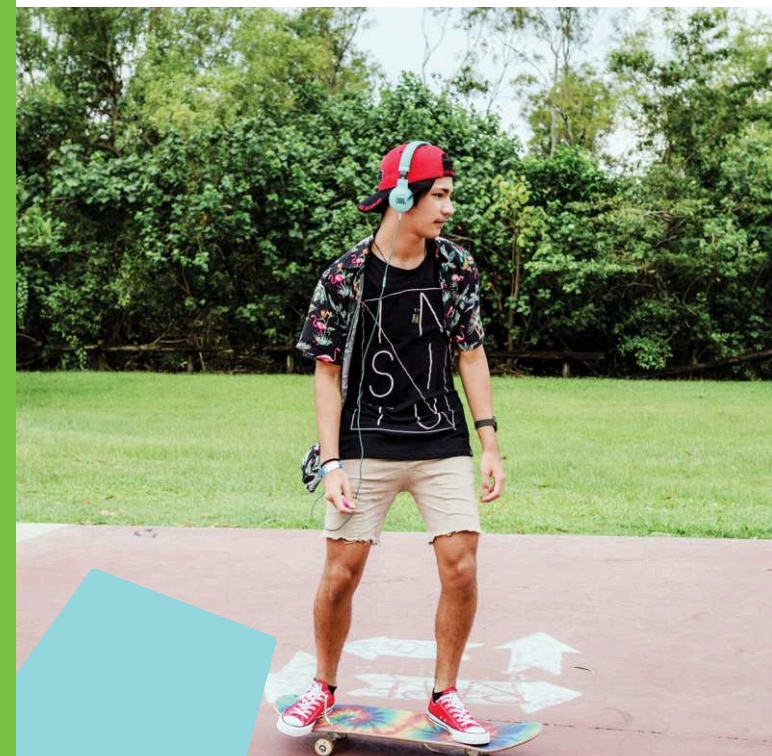
is it an emergency?

If you are in an emergency situation or need immediate assistance, contact mental health services or emergency services on 000. If you need to speak to someone urgently, call Kids HelpLine **1800 55 1800** or Lifeline **13 11 14**.

headspace National Youth Mental Health Foundation is funded by the Australian Government

let's talk headspace Coffs Harbour

Find out more about headspace Coffs Harbour and how we can help



headspace Coffs Harbour is a good place to talk about your wellbeing

headspace Coffs Harbour is somewhere for young people who need help with mental health, physical health (including sexual health), alcohol and other drugs or work and study support.



we can help with:

Mental health

We can help if you're:

- feeling down
- stressed or worried a lot of the time
- 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

headspace centres often have youth-friendly doctors and nurses who can assist you with issues related to:

- any physical health issues
- contraception and sexual health
- drug or alcohol use.

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, like your mental health, wellbeing or friendships. If you're having a hard time cutting down, we can support you to get things back on track.

headspace Coffs Harbour

At headspace Coffs Harbour we provide a range of programs, services and support for young people aged 12 - 25 for things that might be affecting your health and wellbeing.

To find out about all the services, programs, group sessions and activities available – or to make an appointment – you can call, email or drop in.

You can also ask a friend or family member, health worker or other community service to make an appointment for you.



Find out more about our
headspace centre online
headspace.org.au/coffsharbour

Follow us for centre updates and events:
Facebook - headspace Coffs Harbour
Instagram - headspacecoffs

eheadspace:

For free out of hours phone or online support, you can head to eheadspace. It is a confidential and secure space where young people 12-25 years old, or their family, can chat, email or speak on the phone with a qualified youth mental health professional.

Find out more: www.headspace.org.au/online-and-phone-support/

Phone: 1800 650 890

Updated: April 2026