

PEER WORK DROP IN SPACE

What is the peer work drop in space?

A weekly time where you can 'drop in' and talk about whatever you'd like with one of our peer workers.

Who can drop in?

Anyone aged 12 to 25.



What is a peer worker?

A peer worker is someone with a lived experience of mental health challenges and seeking support for themselves. Peer workers do peer support which is separate from therapy but equally valuable in mental health recovery. Peer workers can also talk about their own experiences and what they find helpful to get through life.

What can I talk about in the peer work drop in space?

Anything you'd like. You can talk about how you're feeling, vent or rant, talk about hobbies or ask questions about what services headspace can provide.

Please note this is not a scheduled appointment and amount of time available to chat will depend on the day.



Drop in spaces will run weekly from 3pm-4:30pm at headspace Craigieburn on the following dates:

February:

- **Wednesday 25th**
(until 4pm)

March:

- **Wednesday 4th**
(until 4pm)
- **Wednesday 11th**
- **Tuesday 17th**
- **Tuesday 24th**
- **Tuesday 31st**

April:

- **Tuesday 7th**
- **Tuesday 14th**
- **Tuesday 21st**

May:

- **Friday 1st**
- **Friday 8th**
- **Friday 15th**
- **Friday 22nd**
- **Wednesday 27th**

June:

- **Wednesday 3rd**
- **Wednesday 10th**
- **Wednesday 17th**
- **Wednesday 24th**

July:

- **Wednesday 1st**
- **Wednesday 8th**