

headspace can help you

headspace Craigieburn offers a range of support options. If we don't currently provide what you think you need, please talk with us.

We also have partnerships and relationships with a number of other service providers who we can suggest for you. Some of these even come and work in our centre.

These include:

- Uniting Care ReGen Drug and Alcohol Services
- Break Thru People Solutions
- Dianella Community Health
- Hume City Council Youth Services

eheadspace

eheadspace provides online and telephone support to young people 12-25 and their family and friends. Visit eheadspace.org.au or phone 1800 650 890

Interested in coming to headspace Craigieburn?

Call us on **03 8338 0919** and speak with one of our friendly Access Team Clinicians who will be able to help you get linked in with one of our programs or drop in to our office and say hello!

Contact headspace Craigieburn

Ph: 03 8338 0919

Fax: 03 8338 0922

Website: headspace.org.au/Craigieburn

headspace
we've got your back

headspace National Youth Mental Health Foundation is funded by the Australian Government Department of Health under the Youth Mental Health Initiative



headspace
someone else to talk to

Services at headspace Craigieburn



Counselling

If you or someone you know:

- is feeling depressed or anxious
- isn't coping at school
- isn't sleeping well or sleeping too much
- finds it hard to concentrate
- wants to talk about their drinking or drug use
- is being bullied, hurt or sexually harassed
- is having trouble getting or keeping a job
- or is struggling with other issues,

our youth friendly clinicians are available to support you with little to no cost.

Drug and Alcohol Support

Help and information is available if you have drug and/or alcohol concerns or you may be finding it hard to cope with peers or family members struggling with similar difficulties

Work or Study Support

Help is available to build your CV, find a job or provide you with study options to help you build a clearer picture of your future.

Groups at headspace Craigieburn

Skill Space

A 4 week group program that helps young people build skills to manage common difficulties, including ways to manage stress, develop healthy eating and sleep habits, communicate effectively, manage anger and problem solve.

UR SPACE

UR SPACE is an 8 week program that gives you a chance to learn how to deal with difficult thoughts and emotions, to feel more comfortable in difficult situations, and to feel good about yourself, by doing stuff that's meaningful to you.

Creative Space

A fun art group exploring health themes through all types of art and is available to anyone. No creative experience is required

Happy Being Me

Happy being me is a free 6 week group program for young females aged 12 to 15, that helps them develop strategies that can help them feel good about themselves and their bodies.

Tuning into Teens

A 6 week program that supports parents/carers as their child begins to experience the changes of adolescence, including big changes in their: body, brain, emotions and personality.

To register for groups:

Please call 03 8338 0919 and speak with our access team who will have a chat to you in further detail, and discuss whether the group(s) are suitable for you.



Privacy and Confidentiality

In Australia, laws protect young peoples' rights to have information they share with doctors (and other people who provide health services) be kept private.

These laws mean that what you tell people during a health care appointment must remain private between you and that person or service, except in particular situations.

When you talk to any of the staff at **headspace** Craigieburn you can be confident that what you talk about is not shared with people outside of the service without your knowledge. **headspace** Craigieburn helps you access services that are sometimes provided by other agencies outside of **headspace**. Please talk with anyone on our Access Team about how this relates to your private information.

