

how to navigate headspace Eastern Shore



Access Key

How to navigate headspace Eastern Shore

Address:

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Tasmania 7018

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Email:

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Website:

<https://headspace.org.au/headspace-centres/eastern-shore/>



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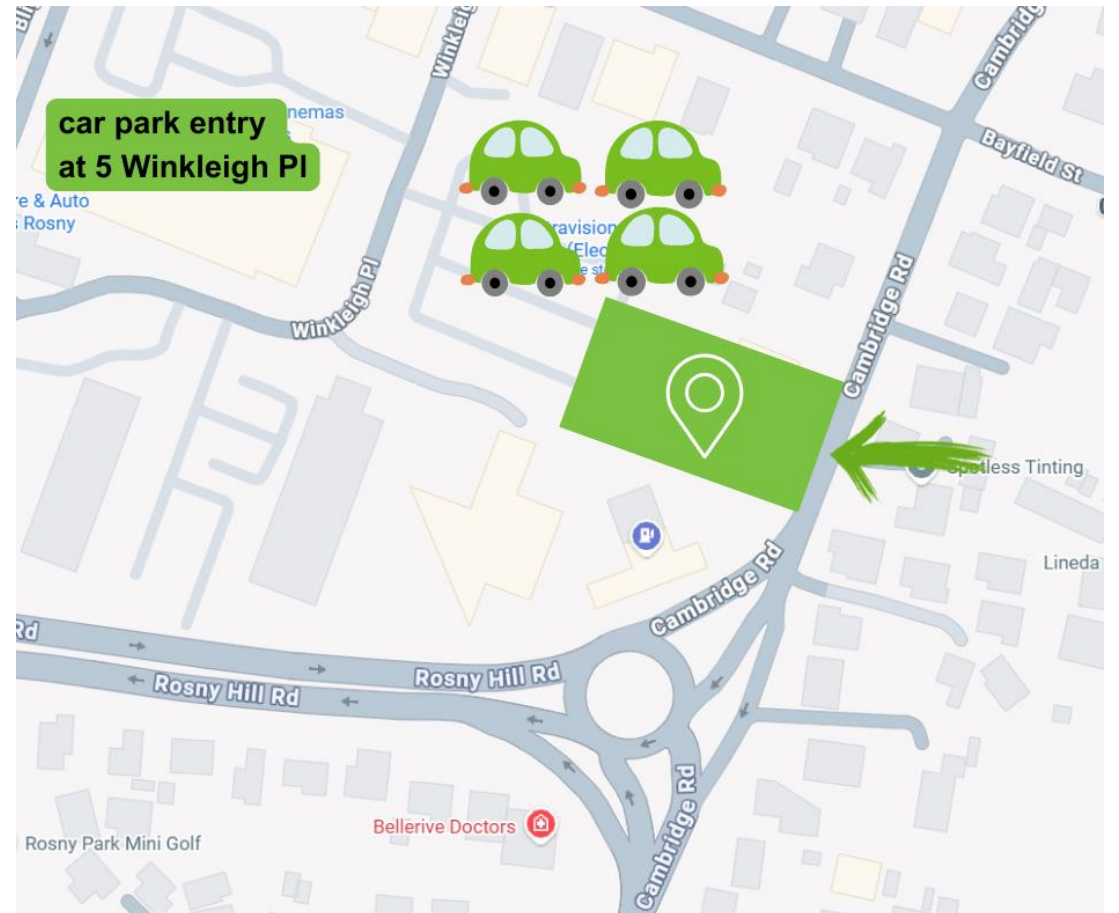
Access Key Information

How to use this Access Key:

- You may read this document in its entirety or skip to the slides you want more information about.
- This Access Key will have photos along with descriptions to assist you in visualising and understanding the space.
- If you want an Easy Read version, please let our staff know. An Easy Read Access Key uses plain language, shorter sentences, and no colours. There are still images there for you.

How to locate headspace Eastern Shore:

- headspace Eastern Shore is located at Unit 1, 120 Cambridge Road, Rosny Park 7018
- Our centre is located on the ground level.
- We are 500m away from Eastlands Shopping Centre, approximately seven (7) to ten (10)minutes' walk.
- There is 2P parking behind the building and the entry to the parking space is on Winkleigh Pl. There are four ½ P parking on 120 Cambridge Road.
- See a map to the right to help visualise the area.



Getting to the entrance:

Main Entrance on Cambridge Road

There are no stairs to climb to reach the **automatic** glass doors. The entrance to our centre is the door on the left. Stand in front of it for a second, and it will swing outward automatically.



Getting to the entrance:

Back of the Building Entrance

There are seven stairs to climb to Cambridge Road.



Left Image: Side view of the building we are located in. There is a staircase with seven (7) steps, and on the left of the sign, there is a ramp.



Right Image: The staircase that will take you to the only entrance to the centre on 120 Cambridge Road.

Reception Area

- There is always at least one (1) staff member at reception in the centre, often there are two (2).
- There are six(6) chairs and two (2) stool in the waiting room.
- There are some magazines, books, fidget toys, and puzzles.



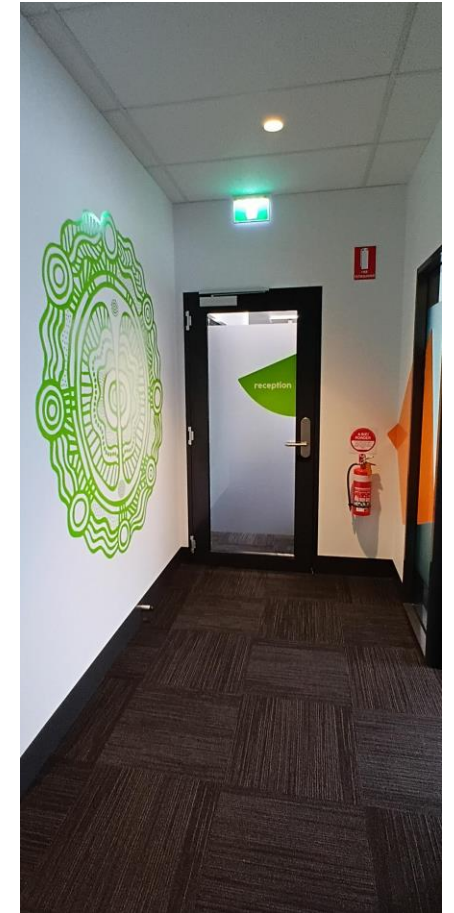
The hallway



Right Image: The door with the blue sign leads to the hallway, and it leads you to the counselling rooms or bathroom.



middle Image: The hallway that leads to different rooms



Left Image: This door takes you back to the reception area

Bathroom Access

- Inside our Centre there is one (1) unisex accessible toilet.
- It is behind the entrance to reception; you will need to ask a staff member to let you through
- The bathroom is equipped with sanitary hygiene options.
- There are additional rolls of toilet paper under the sink for easy access and Glen 20.
- There is a rail on the left side of the toilet on the wall, the toilet paper sits on top of this.
- There is a mirror and sink, with liquid soap and paper towels.
- There is both a sanitary bin and regular bin.
- The lights in this room work on a sensor and will turn on when you go inside.



Counselling Rooms

- To reach the Counselling Rooms through reception, you proceed down a hallway that is 147.5cm wide except for a couple of points that are 110cm wide.
- There are 5 Counselling Rooms. Their names are their numbers.
- Each room has at least three (3) chairs in them, some have armrests, and some don't. Each of the chairs is movable if more space is needed.
- Each room has a desk with a computer or a laptop. Each room is equipped with sensory toys for you to use during your sessions. Not every Counselling Room has windows. The windows are tinted, and they also have blinds.
- There are art supplies, sensory toys and often bean bags in this room to use during programs.



Treatment Rooms



- There is one(1) Treatment Room at headspace Eastern Shore that is assigned for our GP.
- Appointments are generally 30 minutes as a minimum.