

headspace Edinburgh North

Service location & contact details



Address

Kaurna Country
2 Peachey Road
Edinburgh North SA 5113

Phone: (08) 8209 0750
Fax: (08) 8209 0755
Email: info@sonder.net.au

Parking

We have plenty of free parking available at the rear of the Centre.

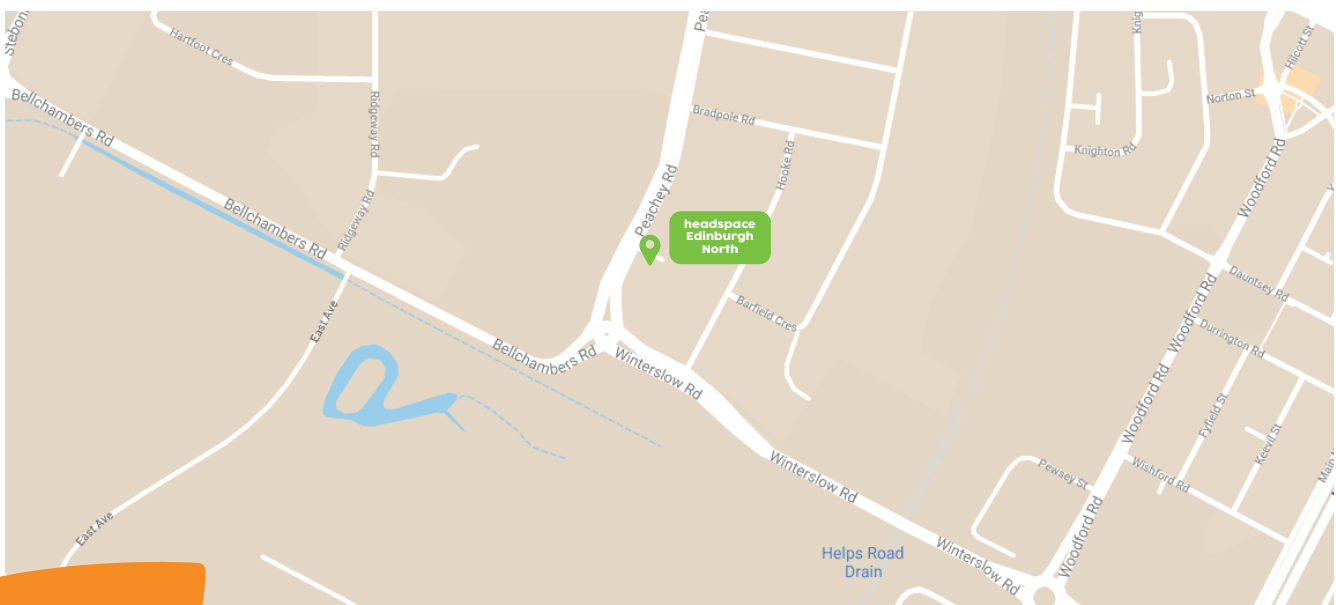
Accessibility

We have accessible park spaces available at the rear and an access ramp at the front entrance with automatic door.

All of our doors are wide enough to fit standard wheelchairs or frames and our front desk has a lower section for people who use wheelchairs.

Our bathroom is wheelchair accessible, gender neutral, and single-occupant.

If you have any questions about our centres accessibility, please give us a call.



headspace Edinburgh North is operated by Sonder. headspace centres across the Adelaide metropolitan region are supported by funding from the Adelaide PHN through the Australian Government's PHN program. headspace National Youth Mental Health Foundation is funded by the Australian Government Department of Health.

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Reaching us via public transport



Bus

Stops 66 and 67 are both equal distance away (approximately 3 minutes walk).



Train

The nearest train station is Elizabeth Interchange (approximately 20 minutes walk).

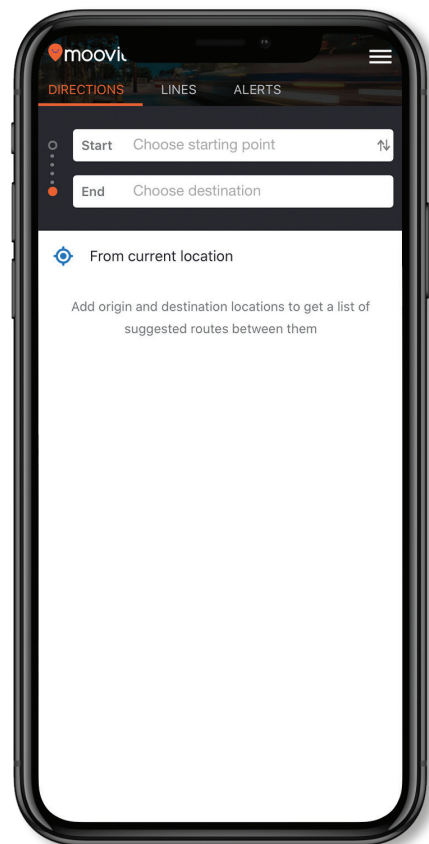


Using GPS

When entering the address into the GPS please ensure you select the suburb 'Edinburgh North' or 'Elizabeth West'.

If you are planning to travel by bus, use the Moovit website or mobile phone app to find the best route

1. Visit moovitapp.com
2. Type in your home address under 'Start' and our address under 'End'.
3. Select the dropdown menu under 'Depart now' and set your desired arrival time. For transit type options select 'Filters'.



eheadspace can help

headspace online and telephone service supports young people and their families going through a tough time.

What is eheadspace?

eheadspace is a confidential, free and secure space where young people 12 - 25 or their family can chat, email or speak on the phone with a qualified youth mental health professional.

What does eheadspace do?

Young people may contact us if they need advice, are worried about their mental health or are feeling isolated or alone.

eheadspace can help with a broad range of issues like bullying, drug and alcohol issues, depression and anxiety, relationships, concerns about friends, fitting in and isolation.

We also have experts who can provide work and study advice to young people and specialist support to parents and carers who are worried about a young person 12 - 25. eheadspace is part of headspace, the National Youth Mental Health Foundation.

How much does eheadspace cost?

eheadspace is free but if you call from a mobile phone, normal call charges apply.

Let us know if you are calling from a mobile and we can call you back.

Is contact with eheadspace secure and confidential?

We aim to make every effort to ensure all contact with the eheadspace service is secure and confidential.

When you talk to someone at eheadspace, nothing said or written will be passed on to anyone else without your permission.

However, there are a few exceptions. For example, if we are concerned about your safety or the safety of someone else. In these instances, the eheadspace worker will try to talk to you first about what needs to happen and what additional supports you may need to help you be safe.

If necessary, we may need to pass on your contact information to authorities and/or other services to ensure you are protected and properly cared for. We will inform you about this where possible.

How do I contact eheadspace?

There are three ways to contact eheadspace:

- Chat at eheadspace.org.au, seven days a week from 9am to 1am AEDST (Australian Eastern Standard Time).
- Call us 1800 650 890, seven days a week from 9am to 1am AEDST.
- Email anytime and receive a response from an eheadspace worker within 24 to 48 hours.

You can email eheadspace with your details and times you are available for webchat appointment or for an eheadspace worker to call you back between 9am and 1am AEST.

We'll confirm the appointment by email.

If you or another person is in a life-threatening situation or require immediate help, contact the police or ambulance service on 000.

To speak to someone urgently about a mental health crisis, call Kids Helpline on 1800 55 1800 or Lifeline on 13 11 14.