



headspace
Emerald

headspace Emerald is a **free and confidential** service that helps young people in Emerald and the Central Highlands region aged 12-25 with their mental health and wellbeing.

We follow a “no wrong door” approach. Which means we either help you directly, or we work to connect you with the service that best fits your needs.

feedback

headspace Emerald is committed to providing the best possible service to young people, their family and friends. We welcome and value your feedback so we can improve the services we provide.

Give us feedback directly:

- our online feedback form via the QR Code
- call our centre on 1800 950 722
- email our centre at
headspace.emerald@anglicarecq.org.au with the email subject “Feedback”
- via the feedback box in the centre



is it an emergency?

If you need immediate emergency assistance, contact emergency services on 000. If you need to speak to someone urgently, call Kids Helpline on **1800 55 1800**, Lifeline on **13 11 14** or Qld Mental Health Line on **1300 642 255**.

want more info?

For more info about headspace Emerald visit our website or visit us in-person at our centre.

headspace.org.au provides info and resources to help you maintain your well being.

Contact eheadspace on **1800 650 890** for support from **3-10pm** every day.

contact us

A: 65 Hospital Road, Emerald QLD 4720
P: 1800 950 722
E: headspace.emerald@anglicarecq.org.au

Disability access is available via a ramp from the front car park entrance.

opening hours

Monday: 10:00am - 5:00pm
Tuesday: 7:30am - 5:00pm
Wednesday: 10:00am - 5:00pm
Thursday: 10:00am - 6:00pm
Friday: 9:00am - 3:00pm

connect with us here!



Scan the QR code

@headspace.emerald

headspaceEmeraldcentralhighlands



headspace Emerald acknowledge the Traditional Custodians and pay respects to Elders past, present and emerging



headspace Emerald is committed to providing safe and inclusive services and embracing diversity and inclusion in the workplace

headspace Emerald is operated by Anglicare Central Queensland.
All headspace services are funded by the Australian Government Department of Health and Aged Care.
Administration of funding is carried out by the headspace centre's local Primary Health Network,
in this case, Central Queensland, Wide Bay, Sunshine Coast PHN.

headspace
Emerald

a place to be yourself

Find out more about headspace Emerald and how we can help you, your family and the community



how to get started?

First, complete a referral form

You, your parent, carer, trusted person, or GP can do this by:

- grabbing a form at the centre
- calling 1800 950 722
- or go to our website and complete our referral form

scan here for referral form



What happens when you're referred to headspace?

Once your referral is processed, a headspace worker will help you identify your goals and connect you to the right supports. You'll also receive information about services and groups that may be helpful for you.



what can we help with?

mental health

- feeling down
- stressed or worried more than usual
- having troubles with your relationships, family or friends
- wanting to talk about sexuality or gender identity
- not feeling yourself, or if you've noticed changes in your thoughts, feelings or behaviour

physical & sexual health

- physical health issues
- contraception and sexual health
- drug and alcohol use
- specialist referrals

work & study support

- struggling at school or work and feeling anxious or stressed
- unsure of what course you want to do
- needing help writing a resume
- searching for a job

alcohol & other drugs

We work closely with specialised co-located service to make sure you get the best support possible.

- non-judgmental info
- safety support in tricky situations
- referrals for you or someone you care about

other supports we offer

headspace telepsychiatry

Specialised mental health service that connects young people with a psychiatrist via secure video (telehealth).

youth reference group

we are a youth friendly service and welcome the input of young people to different areas of our service.

hNOW

headspace National Online Workforce program offering guided support to help you build skills, set goals, and move toward better wellbeing via telehealth.

Youth Peer Support

Chat with a trained young person who has lived experience with mental health challenges and understands what you're going through.

Social Groups & Events

Fun, inclusive groups where you can meet others, build confidence, learn new skills, and feel connected to the community.

