if the young person is under 18

A parent or legal guardian is the appropriate person to give consent to access our service. In some cases these young people can consent to treatment without parental permission.

if the young person is over 18

We will work with the young person to involve their family in ways that they are comfortable with, and that are likely to be beneficial to the young person's wellbeing. If you would like a copy of our Consent Policy, please speak to a headspace worker.

confidentiality

When a young person talks to a headspace worker, nothing they say can be passed on to anyone else without their permission unless the young person:

1. is at risk of harming themselves or someone else
2. is at risk of being harmed by others
3. has committed a serious crime.

In these cases we will provide only necessary information to appropriate services or support people. If you have any questions about confidentiality, please speak to a headspace worker.

partners in parenting

headspace, in partnership with Monash University, offers Partners in Parenting, an evidence-based online program to help parents support their high school-aged young people's mental health. The program features 10 interactive modules on topics like communication, managing emotions, and setting boundaries, which can be completed at your own pace.

headspace acknowledges Aboriginal and Torres Strait Islander peoples as the First Peoples of Australia and we pay our respect to their elders past, present and emerging who we share this great country with.

headspace Armstrong Creek, Corio and Geelong and are led by Stride.

get in touch

headspace Armstrong Creek

(03) 5212 9048

headspace.armstrongcreek@stride.com.au

headspace Corio

(03) 5202 8290

headspace.corio@stride.com.au

headspace Geelong

(03) 5222 6690

headspace.geelong@stride.com.au

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

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headspace

family inclusion at headspace

headspace is a family inclusive service

We believe that you play an important role in your young person's journey to better wellbeing. We also understand that family can take many different forms.

At headspace, family is defined uniquely by each young person. Family is considered an integral part of a young person's circle of care. Family and other caregivers – whether by birth, choice or circumstance – hold a significant role in supporting a young person by fostering a sense of belonging and connection through their shared experience.

The term family may include parents, caregivers, siblings, partners, Elders, kin, mentors and other community members who are viewed by the young person as people who play a significant emotional, cultural, faith-based or other role in their life.

how we can help

headspace centres are designed to make it as easy as possible for young people aged 12-25 to get support for their wellbeing.

Many things contribute to someone's mental health. That's why, at headspace, we provide information, support and services across four key areas including mental health, physical and sexual health, work, school and study and alcohol and other drugs.

can I access headspace on behalf of my young person?

Whether or not your young person is ready to access our services for themselves, we encourage you to make contact with us and discuss ways we might engage your young person or how you can be supported to care for your young person.

how can I be involved in my young person's care?

With the young person's consent, types of involvement may include:

- supporting a young person to book and attend appointments, attending some sessions with the young person
- having the option of checking in with the clinician if you have any concerns or issues
- connecting with eheadspace for 1-on-1 support or joining our group chats led by clinicians
- attending a psycho-education or peer support session for family, like **Tuning into Teens**

how can I contribute to headspace?

Family involvement is important to us. If you would like to provide input into how we engage with family as a service, speak with a headspace worker about joining our **Family Reference Group**.

supporting your young person while they wait for an appointment

We understand that wait times for appointments may vary. While your young person is waiting for an appointment, here are some ways you can support them:

- keeping communication open and show empathy for their experiences
- making yourself available whilst also allowing them their own space
- spending time with them
- taking an interest in their activities, and encourage them to talk about what's happening in their life
- acknowledging and taking their feelings seriously
- encouraging and supporting their friendships
- encouraging activities that promote mental wellbeing, such as exercise, good eating, regular sleep and doing things they enjoy
- giving positive feedback
- letting them know that you love them. They may not always admit it but this is likely to be very important to them.

Sometimes supporting someone experiencing mental health challenges can be overwhelming, leaving little time for personal pleasures. Remember to prioritise your own self care and wellbeing.

Parent and caregiver supports:

- Parentline: parentline.com.au or 1300 30 1300
- Arafmi: arafmi.com.au or 1300 554 660

For more information and support visit **headspace.org.au/family**