



I don't think I'm ready yet

asking for help can be scary sometimes and coming in to speak to someone can be a big step!

if you feel like you want help but aren't quite ready to come in then **eheadspace** might be a great start for you.

What is eheadspace?

eheadspace is our online service for young people going through a tough time. You can find it at **headspace.org.au**. It's a confidential and free service which gives you access to web chat, email or phone support with a qualified youth mental health professional

You can also use **eheadspace** if you have a friend or family member that you are concerned about.



Level 1, 147 Goondoon Street
Gladstone, QLD, 4680
P 07 4903 1921 • F 07 4803 9100
headspace.org.au/gladstone
E info@headspacegladstone.com.au



how can i find out more?

headspace.org.au provides info and resources to help you maintain your wellbeing. You can also find your closest headspace centre here – or get in touch with headspace to talk to someone.



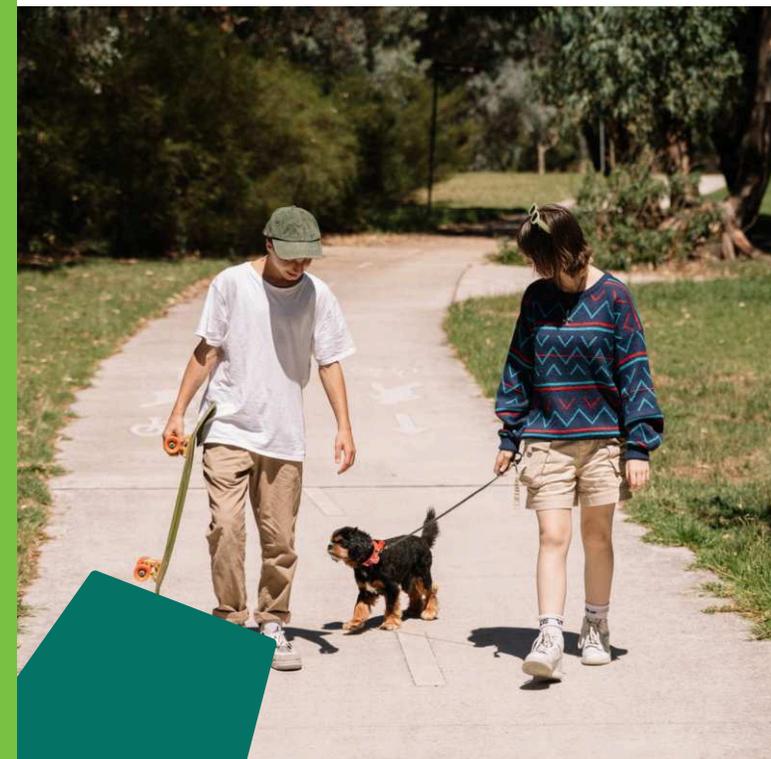
is it an emergency?

If you are in an emergency situation or need immediate assistance, contact mental health services or emergency services on 000. If you need to speak to someone urgently, call Kids HelpLine **1800 55 1800** or Lifeline **13 11 14**.

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

let's talk headspace Gladstone

Find out more about headspace Gladstone and how we can help



headspace Gladstone is a good place to talk about your wellbeing

headspace Gladstone is somewhere for young people who need help with mental health, physical health (including sexual health), alcohol and other drugs or work and study support.



we can help with:

Mental health

We can help if you're:

- feeling down
- stressed or worried a lot of the time
- experiencing relationship problems or difficulties with your family or friends
- wanting to talk about sexuality or gender identity
- just not feeling yourself, or if you've noticed changes in your thoughts, feelings or behaviour.

Physical and sexual health

headspace centres often have youth-friendly doctors and nurses who can assist you with issues related to:

- any physical health issues
- contraception and sexual health
- drug or alcohol use.

Work, school and study

We can help if you're:

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

Alcohol and other drugs

Alcohol and other drugs can affect things that matter to you, like your mental health, wellbeing or friendships. If you're having a hard time cutting down, we can support you to get things back on track.

headspace Gladstone

At headspace Gladstone we provide a range of programs, services and support for young people aged 12 - 25 for things that might be affecting your health and wellbeing.

To find out about all the services, programs, group sessions and activities available – or to make an appointment – you can call, email or drop in.

You can also ask a friend or family member, health worker or other community service to make an appointment for you.



Find out more about our headspace centre online
headspace.org.au/gladstone

Volunteer Opportunity at headspace Gladstone for young people aged 16-25

Our headspace team are dedicated to ensuring that all of our work is based on what the youth want to see/do.

The Youth Reference Group is a group of young people aged 16-25 who are passionate about mental health and wellbeing and are interested in helping promote headspace Gladstone services to our local community.

Get involved with a group of like-minded young people to bring about positive change and reducing the stigma of mental health in the community.

Because headspace is a service for young people, youth perspectives and participation are really important. Adding your voice to the mix can help create a better service!