

**accessing
support is
easy and
FREE.**

you can call
us, walk in, or
be referred
by anyone.

Outreach Location: **Maclean**

5 Wharf St, Maclean.

Hours: Thursdays 8.30am - 4.30pm.

Contact Grafton for booking
appointments.

Outreach Location: **Yamba**

Yamba Library and Community
Centre - 24 Treelands Dr, Yamba
NSW 2464

Contact Grafton for booking
appointments.

Crisis Contact – If You Need Immediate Help (24/7):

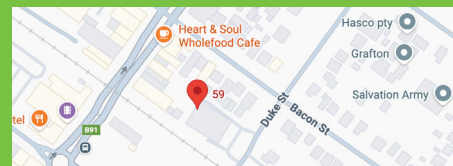
Emergency: 000 (Police, Ambulance, Fire)

Mental Health Line: 1800 011 511 (NSW Health)

Lifeline: 13 11 14 **Kids Helpline:** 1800 55 1800

Funding statement - headspace Grafton is funded by Healthy North Coast through the North Coast PHN program and operated by Health Voyage, a local not-for-profit providing support across Gumbaynggirr, Bundjalung and Yaegl Nations.

headspace Grafton (Main Centre)

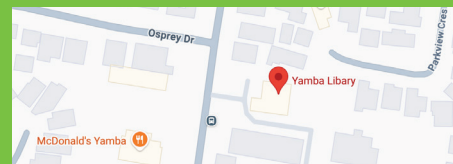
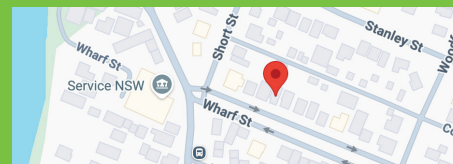


59 Duke Street, Grafton,
New South Wales 2460

phone (02) 6642 1520

email hg@healthvoyage.org.au

Monday: 11:00am - 7:00pm
Tuesday: 9:00am - 5:00pm
Wednesday: 8:00am - 6:00pm
Thursday: 9:00am - 5:00pm
Friday: 9:00am - 1:00pm
Saturday & Sunday: Closed



**we're
here
for you.
(no matter
what)**



headspace
Grafton

**free.
confidential.
local.**

Support for
young people
aged 12–25 in the
Clarence Valley.



We are proud to support young people and work across Bundjalung, Gumbaynggirr, and Yaegl countries, acknowledging the Traditional Custodians of this land.



HEALTHY
NORTH COAST

phn
NORTH COAST
An Australian Government Initiative



Access our referral form
via our website



**let's catch
the small
stuff,
so it never
becomes the
big stuff.**

**your holistic support:
mental health, body,
and future.**

We are youth-friendly, inclusive, and local. Our qualified team offers a safe, respectful space where your privacy is valued. We listen, understand, and tailor support to your needs. Our core services are here to support your whole self.

for family and friends:

Families and supporters play a vital role in a young person's wellbeing. At headspace Grafton, we can provide you with information on services available for families and carers in our local area. We can also assist with headspace support. It provides confidential phone or chat support, helpful resources, and professional advice in a non-judgmental environment, helping families and friends navigate challenging situations and access the right tools for supporting their loved ones.

**what to expect
when you come:**

Appointments are easy to make, and our professional clinicians provide a **FREE**, confidential service. You'll find a comfortable, private waiting area where you can feel at ease. Our Peer Support Worker is available to help you settle in and navigate your headspace journey.

We offer care for mental health, physical & sexual health, work & study, as well as support with alcohol & other drug concerns.

Inclusion: We welcome people of all ethnicities, lifestyle choices, faiths, sexual orientations, and gender identities.

**all the ways
we're here
to help.**

1. mental health support

- Just not feeling yourself, or if you've noticed changes in your thoughts, feelings, and actions.
- Experiencing relationship problems or difficulty with your family and friends.
- Wanting to talk about sexuality or gender identity.
- First Nations workers available who support healing through culture.
- Peer support to help navigate your headspace journey.

2. work and study

- Ready to find employment and not sure where to start?
- Investigate your dream job and the training you need to get it.
- Need support for your studies, resumes, and cover letters.
- **Award-Winning Program:** We are leaders in supporting young people to achieve their vocational goals.

3. physical & sexual health

- We connect you to **GPs**
- Get confidential advice on healthy eating, exercise, and general wellbeing.

**4. alcohol and other
drugs (AOD)**

- Alcohol and other drugs can affect things that matter to you, like your mental health, wellbeing, or friendships. If this is a concern for you, we can support you to get things back on track

