



headspace Hawthorn

Website Content

Thank you for promoting **headspace** Hawthorn on your website. We have carefully constructed two options for you to choose from. It is our aim to work with you in order to raise awareness about youth mental health and encourage local young people to seek help early.

Option 1

headspace is the National Youth Mental Health Foundation.

headspace provides support to young people aged 12-25 years and their family and friends.

headspace Hawthorn provides a range of youth mental health and wellbeing services that are all free and youth friendly.

headspace Hawthorn is located at the Hawthorn Town Hall Level 1, 360 Burwood Road, Hawthorn.

Our opening hours are:

Monday 2:00pm-6:00pm

Tuesday-Friday 10:00am-6:00pm

To make an appointment please contact us on **9006 6500**.

Like us on Facebook www.facebook.com/headspacehawthorn

Alternatively to find your closest centre click on the link and enter your postcode

www.headspace.org.au/headspace-centres

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

ehespace provides confidential support 7 days a week from 9:00am to 1:00am. To access this service click on the link www.eheadspace.org.au or call **1800 650 890**.



Option 2

1 in 4 young people aged 16-24 experience a mental health or substance use disorder every year.

75% of mental health problems emerge before the age of 25.

Currently only 1 in 4 (less than 23%) young people experiencing mental health problems actually receives professional help. **headspace** aims to address this by encouraging young people to seek help early at one of our centres.

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headspace Hawthorn provides a range of youth mental health and wellbeing services that are all free, confidential and youth friendly.

headspace Hawthorn provides a range of services including:

- Doctors (GP)
- Sexual Health
- Counselling
- Psychology
- Alcohol and Other Drug
- Education and Training
- Housing

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Additional Website Options

If you would like to embed a short video to compliment the above website content you are more than welcome. To check out all of your options go to our **headspace** YouTube channel

<https://www.youtube.com/user/headspaceAustralia>.