



What to expect from headspace Hurstville

headspace is a friendly, welcoming space that is free for young people aged 12-25. With free wifi and a cosy waiting area, you will feel at home right away.

When you first come to headspace Hurstville, you will be greeted by our friendly receptionist who will ask you to fill out an iPad survey. The survey asks questions about your overall wellbeing, including work, study, friendships, hobbies, interests and general health. This helps us understand what is going on for you and how we can provide the best support possible.

After the survey, you will see one of our intake workers, who you will get to share your story with and start developing a plan to best support your wellbeing.



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headspace.org.au/hurstville
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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 Hurstville

Find out more about headspace Hurstville and how we can help



headspace Hurstville is a good place to talk about your wellbeing

headspace Hurstville 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 Hurstville

At headspace Hurstville 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/hurstville



Confidentiality

Your privacy and confidentiality is of utmost importance to us, so feel free to get comfortable and ask questions about anything that's on your mind.

Your record is a confidential document, meaning that when you speak to us, nothing you say can be passed on to anyone externally without your consent.

However, there are a few exceptions to this, including if you are putting your own safety or that of another person's at risk.