

# Who is headspace and how can they help?

headspace is a voluntary early-intervention mental health service for 12–25-year-olds. We support young people through our services with in-person, online and phone counselling services, vocational services and by having presence in schools.

**We deliver services and support to young people, family and friends in three key areas:**

## Work, School and Study



## Alcohol and other drugs



## Mental Health



## Who provides services at a headspace centre?

At a centre, you can work with a range of health professionals, including:

- intake workers
- mental health nurses
- psychologists
- social workers
- alcohol and other drug workers
- vocational workers.

These health professionals work together to make it as easy as possible for you and your family to get the help you might need with anything affecting your wellbeing.

## How long will an appointment take?

Appointments usually take 50 to 60 minutes.

## How much will an appointment cost?

Services at our centre are free. You may need a Medicare card to access some services.

If you need further professional support, we may recommend you see a doctor to get a Mental Health Care Plan (MHCP). To work out what this might mean for you, talk to your clinician.



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