



about headspace

Who we are

We provide free services for young people aged 12 to 25 and their family.

We offer services in person at our centres, over the phone or online.

We can support you with:



your mental health



your physical health



work and study



alcohol and other drug use.

How we can help

Taking care of your wellbeing and mental health is just as important as taking care of your physical health.

We can support you if you are:



struggling at school or work



not sure what course you want to do or searching for a job



often stressed, sad, or worried



dealing with any physical health issues



having trouble with eating or sleeping.

headspace workers are available to support you in difficult times by focusing on your strengths & goals.

Your family is welcome, and we can help them to support you.



What happens before your first appointment

Your first visit is for you to find out if headspace is the right fit for you.

If you want to make an appointment, you can call or email us. You can have your appointment in person, over the phone or on a video call.

If you don't want to make an appointment, you can visit one of our centres and we will find someone to support you as soon as possible.

Your privacy



Our services are confidential. This means we won't share your personal information or what you tell us with anyone else. We only share your information or what you tell us if you say we can, or to keep someone safe from serious harm.

Before your appointment, we will ask you to:



Fill in a registration form or share some details



Do a short online survey



Talk to a headspace worker about:

- how you've been feeling
- goals you might want to work on.

How to connect with us

Visit our website:

headspace.org.au

Call us:

1800 650 890

Find a headspace centre near you:

headspace.org.au/online-and-phone-support/connect-with-us

Connect with us online

