

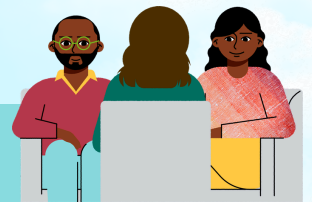


# Peer Support at headspace Knox



- Talking to professionals feels awkward or intimidating?
- Wanna talk to someone who actually understands?
- Not ready for therapy (and that's okay)?
- Feeling alone, stuck, or unsure where to start?
- or simply...just want someone to sit with & listen to you?

Come have a chat/coffee (matcha would work too :p)  
with our friendly Youth Peer Workers!



## what we offer!

- Chill, non-clinical space where we connect young people with trained peers who have lived experience of mental health challenges, trauma, or other life difficulties.
- One-off or ongoing support (3-6 months)
- Sessions via Telehealth or In-person
- Free interpreter / Peer Worker who speaks Mandarin/Cantonese



If you feel more comfortable chatting in your own language, let your clinician know — we want you to feel safe and understood.

Interested? Please speak to your clinician for a peer support referral or email us on [multiyouth@headspaceknox.com.au](mailto:multiyouth@headspaceknox.com.au)

