

peer support at headspace Knox

- Would you like a safe, non-clinical space where you can share your experiences with a peer who gets it?
- Can talking to a mental health clinician feel awkward or intimidating?
- Are you feeling unsure about how to access support at headspace and need assistance navigating this space?
- Do you want additional support in between your clinical appointments?
- Or simply... do you want someone to sit with you and listen to what's been going?

**then come have a chat with one of our friendly
youth peer workers!**

what we offer!

- one-off or ongoing support
- free sessions in-person or via Telehealth
- culturally sensitive and neuroaffirming support
- support in Mandarin & Cantonese or a free interpreter service



Interested? Please speak to your headspace clinician for a peer support referral or call our centre on **(03) 9801 6088** :)