

# headspace mental health supports



## How to refer a young person

Call headspace Knox 9801 6088 or Lilydale 9735 7900 or Email [info@headspaceknox.com.au](mailto:info@headspaceknox.com.au) or [headspacelilydale@each.com.au](mailto:headspacelilydale@each.com.au)  
Appointments can be in person or telehealth.

## headspace Intake

Preliminary appointment for young person, for information gathering and identification of client goals.

Wait time: 1-2 weeks @ Knox & Lilydale

## headstart

Mental health single session focused on practical support and advice around a priority concern.

Wait time: 1-2 weeks @ Knox & Lilydale

## Brief Intervention

6 sessions with a headspace clinician, focused on young persons identified goals.

Wait time: 4 weeks @ Knox No wait@ Lilydale

## \*Better Access

Bulk Billed 10 sessions with a headspace psychologist under a mental health treatment plan. Primarily for moderate mental health presentations.

Wait time: 12 weeks

\*headspace Knox exclusive

