



## headspace Lithgow provides face-to-face information, support, and treatment (where appropriate) to young people aged 12-25 for anything affecting their health and wellbeing

headspace Lithgow provides free early intervention support to young people who need help with:

- Mental health
- Physical health
- Alcohol and other drug use
- Work and study

If you, a friend or family member are going through a tough time headspace is here to support you.

To find out about other services available you can call, email or drop into the centre.



**headspace is not a crisis service**

### **For crisis assistance:**

Phone **000** or attend your local Hospital  
Call **1800 011 511** (24hr Mental Health Assistance Line)  
Or visit your doctor

### **For non-urgent support:**

**Kids Helpline:** 1800 551 800  
**Lifeline:** 13 11 14  
**Parent Line:** 1300 1200 52  
**Suicide Call Back Service:** 1300 659 467

You can also get help via our online support service at [ehheadspace](http://ehheadspace.org.au).



headspace National Youth Mental Health Foundation is funded by the Australian Government Department of Health



## headspace Lithgow



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[www.facebook.com/headspacelithgow](http://www.facebook.com/headspacelithgow)



[headspace.org.au/headspace-centres/lithgow](http://headspace.org.au/headspace-centres/lithgow)

# headspace is committed to providing the best possible service to young people.

To start the headspace journey a young person can either call, email or walk in to the centre.

Alternatively, someone else can refer a young person; this might be a parent, guardian, friend, teacher, school psychologist, chaplain or other service.

If you're a professional wishing to refer someone, please check our website for referral guidelines.

## Who's on our team

- Youth Reference Group
- Community Engagement worker
- Youth Care Coordinators
- Psychologists
- Provisional Psychologists
- Tele-psychiatrist
- Drug and Alcohol worker
- Administration staff



## When we are open:

**Monday:** 9am – 5pm

**Tuesday:** 9:30am – 6:30pm

**Wednesday:** 9am – 5pm

**Thursday:** 9:30am – 6:30pm

**Friday:** 9am – 2pm

Closed Saturday and Sunday

## Making an appointment

Call, email or simply walk in to headspace Lithgow.

## Cost

FREE

## Confidentiality and consent

headspace Lithgow is a voluntary service which means our health professionals can only work with young people who give consent. When you speak to a headspace worker what you say is kept confidential which means nothing you say can be passed on to anyone else without your permission. However, if headspace is seriously worried about your safety or the safety of others they must, by law, try to keep everyone safe. This means they might have to share their concerns with someone else. Talk to your headspace worker about confidentiality and consent to ensure you understand how it works.

## Stay Connected

headspace Lithgow have a variety of workshops on offer for young people who are linked in with us or are waiting for support at our centre. To stay up to date with what workshops are on and what's happening at the centre, follow the team on Facebook. There are also heaps of resources on our website to browse, including fact sheets and videos.

## eheadspace

eheadspace provides free online and telephone support and counselling to young people 12 - 25 and their families and friends. If you're based in Australia and going through a tough time, eheadspace can help.

[eheadspace.org.au](http://eheadspace.org.au) for a web chat and email or call 1800 650 890 to speak over the phone

## I need help with work or study

If you have issues or questions specifically relating to work or study, our Digital Work and Study Service specialists can help you get back on track with your study, career, job and other advice relating to employment and education.

Head to:

[www.headspace.org.au/young-people/digital-work-and-study-program/](http://www.headspace.org.au/young-people/digital-work-and-study-program/)

# having more of a sense of belonging is great for your mental health.