

headspace Maitland aims to make it as easy as possible for a young person and their family to get the help they need to support their wellbeing. This covers four core areas which include mental health, physical health, work and study support and alcohol and other drug supports. Here at our centre we have a range of services to help you or your young person access the help they need.

What's on at headspace Maitland?

Mon-Fri

Intake

At your first appointment you'll have a chat with one of our amazing Intake Workers about what's been going on in your life and how we can help here at headspace.

Mon-Fri

Counsellors

Our friendly practitioners can provide counselling to young people who are having a tough time and need support. Both male and female practitioners are available Monday to Friday.

Mon-Fri

Adolescent & Family Counsellors

Adolescent Family Counsellors assist parents and young people to successfully resolve challenging issues and to strengthen family relationships. This is funded service and free for families.

Fridays

TAFE Counsellor

Tim can support young people to make informed choices about their education, training and employment, and if they enrol at TAFE he can link them in with ongoing support throughout their TAFE course.

Mon & Fri

Ungooroo

Ungooroo provides support for Aboriginal and Torres Strait Islander young people in regard to accommodation and case work support.

Every 2nd
Tues

ARAFMI

ARAFMI provides support and counselling for parents and carers whose friends and family are affected in some way by mental health concerns.

Wed & Thurs

GPs & Nurse

Dr Jo is our female GP and is available from 11:30am Wednesdays. Dr Rob is available from 9:30am Thursdays. Sarah our nurse is available both Wednesdays & Thursdays.

Wed

Samaritan's Youth Accommodation Services

Samaritan's Youth Accommodation Support provides those experiencing homelessness with information and support to find a pathway out.

Wed

Drug and Alcohol Counselling

Wesley Mission provides support to young people who struggle with drug and alcohol problems. They also facilitate the SMART (Self Management and Recovery Training) group.

Wed

Centrelink

Representatives from Centrelink are on site Wednesdays to help you navigate how to receive financial aid and support or manage your existing payments.

Tues - Thurs

Community Engagement Officer

Our Community Engagement Officer is available for school and service presentations on Mental Health and Wellbeing. Laura also co-ordinates the Youth Reference Group and runs our monthly rainbow group All 4 One.

Contact

How to make an appointment...

Referral forms are available on our website or you can call or email!

w: www.headspace.org.au/maitland

p: (02)49311000

e: headspacemaitland@samaritans.org.au