

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 lovely Intake Workers about what's been going on in your life and how we can help here at headspace. They will help link you in with services that are the best fit for you.

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

Matt 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.

Last Wed
each month

All 4 One LGBTIQ Group

All 4 One is monthly social support group for LGBTIQ young people. A chance to meet like minded people in a fun, safe environment. Come along on the last Wednesday of every month @ 3:30-4:30

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

General Practitioner

Dr Rob is available by appointment from 9:30am on Thursdays. Dr Rob can help you organise a Mental Health Care Plan as well as all other general health questions.

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

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**, headspace's young volunteers.

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.

Thurs

Alcohol and Other Drug Support

Sophia from Wesley Mission provides support for young people who would like to quit or cut down on their alcohol or drug use.

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