



**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

## Therapeutic Family Counsellor

Therapeutic Family Counsellors assist families where young people have mental health issues. This may include Domestic violence and alcohol and other drug issues.

Wed

## APM Employment

This team can help school leavers in setting up work. They offer support, services and motivation to help young people aged 15-24 to find a successful job.

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

Wed & Fri

## Muswellbrook

**headspace** Maitland will be in Muswellbrook on Friday's for initial assessment and brief interventions & Wednesdays for therapeutic family work from Upper Hunter Community Services.

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. Liz 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 ap-

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

w: [www.headspace.org.au/maitland](http://www.headspace.org.au/maitland)

p: (02)49311000

e: [headspacemaitland@samaritans.org.au](mailto:headspacemaitland@samaritans.org.au)