Getting involved
Because the most important voice at headspace Meadowbrook, is yours!

Young people
If you are passionate about helping young people and making a difference in your local community, you can get involved in a number of ways! These include joining our Youth Reference Group, giving us feedback and liking us on Facebook.

Friends of headspace Meadowbrook
Join our Friends of headspace Meadowbrook network and keep up to date and involved in our service.
Contact us for more information.

Come and see us!

Contact headspace
There is no wrong way to contact us!

headspace Meadowbrook
260 Loganlea Road, Meadowbrook QLD 4131
(There is plenty of parking just off Logandowns Drive)

Phone 07 3804 4200
fax 07 3804 4299
email headspace.meadowbrook@aftercare.com.au
facebook /headspacemeadowbrook

If you need someone to talk to outside of hours...

headspace 1800 650 890 eheadspace.org.au
Lifeline 13 11 14 lifeline.org.au

Kids Helpline 1800 55 1800 kids helpline.com.au

headspace National Youth Mental Health Foundation is funded by the Australian Government Department of Health under the Youth Mental Health Initiative.
headspace acknowledges Aboriginal and Torres Strait Islander Peoples as the First Peoples of Australia and we pay our respect to the Elders past and present who we share this great country with.
headspace Meadowbrook, Nundah, Woolloongabba and Ipswich are an auspice of Aftercare.

At headspace Meadowbrook, we’ve got your back.
When you first come to headspace Meadowbrook, you will be greeted by one of our friendly receptionists. You will then be asked to use an iPad to give us some details about your overall wellbeing so we can offer you the best support possible. After this, you will see one of our intake clinicians, who will work alongside you in developing a plan that suits your needs. Our centre is designed for young people and we aim to provide a service that is welcoming, friendly and supportive.

**What to expect at headspace Meadowbrook**

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**Cost and confidentiality**

The services we provide are almost always free. If there is ever a cost involved, you will be informed of this beforehand and will be able to discuss this with our helpful staff. At headspace Meadowbrook we are here to listen and will keep your information private and confidential.

**Are you 12-25 and going through a tough time?**

**headspace Meadowbrook can help.**

We can provide you with advice, support and assistance if you:

- feel down, stressed or can’t stop worrying
- haven’t felt like yourself for a long time
- can’t deal with school or are finding it hard to concentrate
- feel sick or are worried about your health
- want to cut down on drinking or drug use
- want to talk about sexuality, identity or relationships
- are having difficulties with friendships
- have sexual health issues or want information about contraception
- are being bullied, hurt or harassed
- are worried about work or study
- are having money trouble

**Making an appointment**

There are a number of ways you can make an appointment with headspace Meadowbrook. You can drop in and see us at our centre, call us on 07 3804 4200, or email us at headspace.meadowbrook@aftercare.com.au. Please be aware we only respond to emails during business hours.

**Making a referral**

Young people can be referred to our centre by schools, health and community workers. You can do this by filling in a referral form and emailing or faxing it to us. Families, Carers or friends can also refer on behalf of the young person involved. Referrals must take place with the consent of the young person.

Once we receive a referral, we will be in touch as soon as possible.