



## headspace Melton provides early intervention mental health support to young people aged 12-25

### Where

16 Brooklyn Road, Melton South  
VIC 3338

### Contact

P:8065 5600

F:8065 5620

[headspace.org.au/melton](https://headspace.org.au/melton)

### Services

- Counselling
- Alcohol & Others Drugs Support
- Work & Study Support
- Group Programs

### Hours

9AM – 5PM Monday to Friday

### How Do I Make A Referral?

If the young person is under 16 we encourage you to discuss the referral with parents/carers prior to contacting headspace.

Please phone 8065 5600 and ask to speak with someone on the Access Team. When referring a client it is preferable to have the young person with you when you call to expedite the process.

Alternatively, encourage the young person to self-refer or get their parents to call. If you have important information about the young person that will help us with our assessment, please call us in addition to the family/young person. Please note referrals will not be accepted via email. What to consider when referring.

1. What are the main issues?
2. How long have the issues been affecting the young person?
3. Is the young person at risk?
4. What does the young person need in terms of support?
5. What other services or professionals are already involved and what are their roles?
6. How might you like headspace Melton to help this young person?

### What a young person can expect at the first appointment.

Most young people wanting to access the service are offered an initial 'meet and greet' appointment.

The purpose of this session is to engage the young person and to help them link with appropriate supports or services. This might include headspace services but could also be a referral to another agency or health professional.

### What happens next?

We talk as a team and decide how best to support the young person, whether that is at headspace or with another service. The Access Team Clinician stays in touch with the young person until they are linked in with the recommended services.

Sometimes we require more information and will make contact with family members or other professionals before we make recommendations.