

headspace Midland provides free and confidential mental health support for young people aged 12 to 25.

Care Pathways at headspace Midland

When you first come to headspace...



One-at-a-time Counselling

To get started, we offer an initial appointment that's all about you and what you'd like to talk about. During this session, we'll focus on what's most important to you and help you figure out the next steps. In this initial stage of care, you can access up to three appointments. If you decide you need more regular support, be sure to check out the other options we have available below

Step-In to Check-In

Available on Tuesdays and Wednesdays, Step-In To Check-In operates on a first-come, first-served basis. While there are a limited number of appointments each day, we do our best to connect with every young person who visits. *Please keep in mind that headspace Midland is not a crisis service. If you're dealing with immediate safety concerns, we recommend heading to your local emergency department*



Private Practitioner with Mental Health Care Plan (MHCP)

The Private Practitioner pathway allows you to work with a clinician using a Mental Health Care Plan provided by a GP. A Mental Health Care Plan allows for up to 10 sessions a year, with a review from your GP after the 6th session. These sessions are fully bulk billed. As your Private Practitioner is paid by Medicare when you attend, this pathway is most appropriate for young people who can attend regular appointments. If you experience any barriers to accessing a Mental Health Care Plan please speak with your Clinician.



Creative Arts Therapy

This pathway offers 4-6 sessions with a Creative Arts Therapist, who is skilled in using both creative and psychological methods to support you. No artistic experience is needed—our focus is on the creative process, not the final product. Creative Arts Therapy can be beneficial for everyone, especially if you find it easier to express yourself through activities rather than words. It's a great option if you're looking for a different way to explore your thoughts and feelings.



If you're wanting more support

Work Pathways

Looking for work or need help keeping your job? Our Work Pathways team is here to support you. If you're facing mental health challenges that are making it hard to find or maintain employment, we can help. Our Employment Specialists will work with you on job-related goals, while you also receive regular mental health check-ins from one of our Clinicians.



Alternative Supports

We team up with different community organisations to help you find the best services for what you need. If we think another service might be a better fit for you, we'll let you know and help you get connected.



To find out more about what's happening at headspace Midland please follows us on socials.