



Contact us

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W headspace.org.au/mountbarker

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headspace can help you with:

- General Health
- Mental health and counselling
- Education and employment
- Alcohol and other drugs
- Relationships & Family work
- Sexual health



If you need to speak to someone urgently, please call Lifeline on 13 11 14 or Kids helpline 1800 55 1800

You can also get help in person at a headspace centre located near you or via our online support service at eheadspace.

headspace.org.au/headspace-centres/
headspace.org.au/eheadspace/



headspace National Youth Mental Health Foundation is funded by the Australian Government Department of Health

Funded by



headspace Mount Barker



headspace is committed to providing the best possible service to young people.

Accessing headspace is easier than ever

We are a headspace centre providing mental health services to young people aged 12-25 years. Our centre has been funded to provide a service to young people and their families for both early intervention and complex mental health and/or complex psychosocial issues.

Making a referral

You can refer yourself by calling or visiting our centre. A family member, friend, school, GP, or another service provider can also refer you.

It is preferable that the young person has consented and been made aware of the referral to headspace. If our service is decided not to be the most appropriate service, a clinician will advise other options.

An initial appointment may take between an hour and an hour and a half.

eheadspace

eheadspace is a flexible way for young people to access the support that they need via a method, time and place that suits them. It is a confidential online service designed to support young people 12-25 years and is staffed by experienced youth mental health professionals. The one-on-one chat feature of eheadspace is open from 9am to 1am South Australian Daylight Saving Time, seven days a week. To register please check out the website headspace.org.au and you will be sent a log in.

Alternatively call 1800 650 890.

Staff

We are a multidisciplinary team that includes clinicians with social work, psychology, nursing, and occupational therapy qualifications.

We provide a GP service with Dr Sarah Lucy at the Mount Barker Medical Centre. To make an appointment please call our office.

Jess is our Community Engagement Worker who provides services to schools and the community. Please email: jhodgetts@mmgpn.org.au

Youth Reference Group

Our YRG invites young people aged 16-25 years to join a fun team who are passionate about mental health and all things youth. If you are interested in having an input into headspace services and helping reduce the stigma of mental health by being involved in youth focused events, contact our Community Engagement Worker Jess at jhodgetts@mmgpn.org.au or call the centre.

Adelaide Hills LGBT & Youth Support Group

A safe place for Adelaide Hills LGBTIQ+ youth to hang out, talk, share, play games, learn life skills, have fun together and support each other. This group meets fortnightly. For more information, please contact our centre.

having more of a sense of belonging is great for your mental health.

