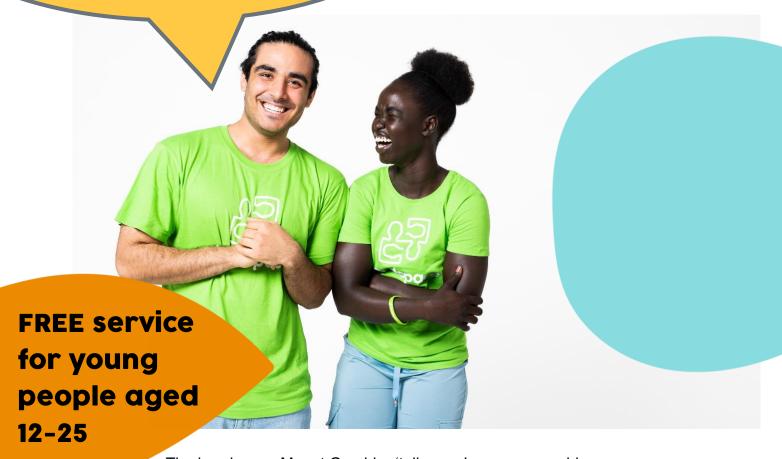
# 'talk-soon' program





The headspace Mount Gambier 'talk-soon' program provides young people access to same-day mental health support. This service delivers a single session therapy (SST) model.

Keep an eye out for out for appointment times on our facebook page. Call us to secure your spot.

# in-person

# online

## phone





All 12–25-year-olds welcome, you do not need to be an existing headspace client to use this program.

# FAQ'S

#### How much does it cost?

All services at headspace are FREE.

## What if I cannot get to Mount Gambier?

All services at headspace Mount Gambier can be provided online or via telephone if in-person support is not available.

## How do I book an appointment?

Call or walk-in to headspace to book your appointment during standard business hours.

## Can I have more than one appointment?

The nature of the 'talk-soon' program is to provide intervention in a single-session therapy model. This does not mean that you can only have one session, you can access this program as you need it, including being referred to receive ongoing support with a headspace clinician.

## Do I need to have a family member with me?

If you are under 16, you will need a parent or guardian to provide consent but after that, it is up to you if you would like someone there to support you.

#### Before the session

You will need to complete a pre-questionnaire to help us understand what support you are looking for.

## **During the session**

Together with a clinician, you will discuss what is happening and be offered practical skills and strategies for you to try.

#### After the session

Together we arrange a time for a follow-up phone call 2 weeks after the session to see how you have been going, explore what strategies and skills worked for you and if you require any further support.

#### Standard business hours:

 Monday:
 9.30am - 5.30pm

 Tuesday:
 9.30am - 7.00pm

 Wednesday:
 11.30am - 5.30pm

 Thursday:
 9.30am - 7.00pm

 Friday:
 9.00am - 5.00pm

#### Contact us

headspace Mount Gambier 171 Commercial Street East Boandik Country 8725 0443

headspace is not a crisis service, if you are in an emergency, call 000 or go to the hospital.

#### For crisis support, call:

Lifeline: 13 11 14 Mental health triage 13 14 65











