

what's on at headspace?



Here are some groups and services, hosted by headspace. Call us for more information or to book in on 8725 0443.



Talk-soon program

Talk-soon program is available to young people to access an on-the-spot service. This free service is accessible for anyone aged 12-25, you don't need to be a headspace client to access this service. This service requires young people to complete a short survey before the appointment. Appointments can be secured by calling us on 8725 0443 or by waking in at 171 Commercial Street East



LGBTIQ+ Group

Do you want to come and hang out with other sexually and gender diverse young people, play games, chill, and participate in fun activities? This FREE group happens fortnightly on Tuesdays from 5.00PM-6.30PM, all young people are welcome.



LINK 18-25 year old group

LINK is a social group for 18-25 year olds; held fortnightly from 2pm until 4pm on Wednesdays. Step out of your comfort zone, meet new people, socialise, learn, have fun and grow.



Family & Friends feedback

At headspace, we value the important role family, friends and other support people play in the mental health journey for young people.

As a family and friends inclusive service, we would love to hear from you about your experience of headspace in supporting your young person.

Please scan the code to provide your feedback

