

what's on at headspace?



Here is the list of the programs, activities and events happening at headspace Mount Gambier.
171 Commercial Street East Mount Gambier



LINK 18-25 year old group

LINK is a social group for 18-25 year olds; held fortnightly at the Mount Gambier Library from 2pm until 4pm on Wednesdays. Step out of your comfort zone, express another side of yourself, release your true potential, learn, aspire and grow.



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 5.30PM-7.00PM, all young people are welcome.



Youth sexual health clinic

The headspace Youth Sexual Health Clinic is open on the first Wednesday of every month from 12.00pm-4.00pm.

This free service offers the following services with our non-judgemental, friendly nurse:

- sexual health counselling
- STI screening
- cervical screening test
- pregnancy testing and counselling
- information on emergency contraception, long term contraception & reproductive health.



headspace walk-in service

The headspace Mount Gambier walk-in service is available on Monday's & Friday's from 11.00am - 5.00pm.

Young people are welcome to walk-in without an appointment to access an on-the-spot service.

This free service is accessible for anyone aged 12-25, you dont need to be a headspace client to access this service. This service requires young people to complete a short survey before the appointment.

Visit us at 171 Commercial Street East