



**headspace**  
Mount Gambier



# let's talk **headspace** **Mount Gambier**

**Find out more  
about headspace  
Mount Gambier  
and how we  
can help.**

**headspace Mount Gambier is a good  
place to talk about your wellbeing**

headspace Mount Gambier supports young people aged 12  
– 25, who are seeking support for:

- mental health
- physical health (including sexual health)
- alcohol and other drugs
- work and study

## We can help with:

### Mental health

We can help if you or someone you know are:

- feeling down
- feeling stressed or worried a lot of the time
- experiencing relationship problems or difficulties with your family or friends
- wanting to talk about sexuality or gender identity
- just not feeling yourself, or if you've noticed changes in your thoughts, feelings or behaviour.

### Physical health

Our youth health clinic offers a range of physical and sexual health services run by our youth-friendly GP and Community Nurse.

- Health checks
- Sexual health services
- Mental health care plans
- Cough/colds/illness/vaccinations
- Chronic condition management
- Advice & referrals

### Work, school and study

We can help if you are:

- struggling at school or work and feeling anxious or stressed
- unsure of what course you want to do
- needing help writing a resume
- seeking help in searching for a job

### Alcohol and other drugs

Alcohol and other drugs can affect things that matter to you, like your mental health, wellbeing or friendships. If you're having a hard time, we can support you to get things back on track.

## Appointments

Referrals can be made by:



#### walking in

- You can refer yourself or be referred by a friend, family member, doctor, teacher or other service provider.
- You can choose to attend an Intake/Assessment, then be allocated to a staff member for ongoing support.
- Or, you can choose to have a single session through our talk-soon program.
- When you arrive, you will be asked to complete a short survey on an iPad which asks you how you have been going and what you would like to work on.
- Our services are accessible to young people across the entire South East of South Australia.



#### phone



#### email

You can choose to hold your appointment:



#### In-person



#### online via our secure health direct video conferencing platform



#### over the phone

### LINK group

We offer an inclusive group for young people aged between 18 to 25 who are ready to step out of their comfort zone. LINK is a relaxed space aimed at building connections with other young people and learning useful life skills, while enjoying fun activities. This group meets fortnightly on a Wednesday, from 2pm - 4pm, alternating between the Mount Gambier Library and headspace.

### Music Group

The headspace Music is a fun, supportive and engaging environment lead by musically talented and experienced workers.

Musicians of all abilities are invited to step out of their comfort zone, develop their musical identity, increase confidence in performing, practice songs and learn songwriting through collaborative music-making.

### Neurodiverse group 12-15

A group for neurodiverse young people aged 12 - 15 to engage in social skill development and establish interpersonal relationships through interactive games, activities and social interactions.

Particularly for young people who live with ADHD & ASD - diagnosis not required for group participation

**171 Commercial Street East**

**Mount Gambier, SA 5290**

**Boandik Country**

**P 08 8725 0443**

**F 08 8211 8041**

[headspace.org/mountgambier](https://headspace.org/mountgambier)

[headspacemountgambier@unitingcommunities.org](mailto:headspacemountgambier@unitingcommunities.org)

### opening hours

<b>Monday</b>	9.30 am - 5.30pm
<b>Tuesday</b>	9.30 am - 7.00pm
<b>Wednesday</b>	11.30am - 5.30pm
<b>Thursday</b>	9.30am - 7.00pm
<b>Friday</b>	9.00am - 5.00pm

### how can i find out more?

headspace.org.au provides you info and resources to help you maintain your wellbeing. You can also find your closest headspace centre here – or get in touch with headspace to talk to someone

If you are in an emergency situation or need immediate assistance, contact mental health services or emergency services on 000. If you need to speak to someone urgently, call Kids HelpLine 1800 55 1800 or Lifeline 13 11 14.



*Everyone is welcome at headspace*

