

FAQ

How do I book an open door appointment?

You can self refer, via GP, external service provider, family / friend or, walk in or call us on 8531 2122

What will I need to do when I arrive?

You'll be asked to complete a quick survey on our ipad and a short questionnaire - the information will ensure you get the help you want

Is there a cost?

There are no fees at headspace

Will I see the same clinician for future appointments?

We can't guarantee that you'll be able to see the same clinician

Will I still have the option of seeing someone for ongoing therapy?

Yes you can, please let the clinician know at your appointment if you would like to receive an ongoing service

What if I want to know more?

Phone us on 8531 2122 or stop by

Contact Us

headspace Murray Bridge
10 Second Street
Murray Bridge
Ngarrindjeri Country
Ph: 8531 2122
headspace@mmgpn.org.au



headspace Open Door

headspace support young people 12 - 25 who are seeking support for

- Mental health
- General physical and sexual health
- Education and employment
- Alcohol and other drugs

8531 2122

What's it all about?

It's all about meeting young people where they're at...

Free service

Experienced clinicians

Family friendly

Guided by young people

Strategies & tools to take away

Evidence based

Quick access



Welcome to our accessible service where this first therapy session will seek to provide you with as much assistance as possible around the things you want to achieve.

We will make the most of our time together by asking you: how can we be most helpful to you today?

At the end of the session we will work with you to discuss what's next?

You can come back for this one-at-a-time therapy service any time you want.

Research Shows

- Most change occurs early in therapy
- The most common number of therapy sessions is one, followed by two
- Client feedback shows that a lot of young people are satisfied and get the help they want from attending just one session