

FAQ

How do I book an 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 for Open Door appointments.

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

Yes, you can. At the end of your Open Door appointment let the clinician know you would like to receive an ongoing service and the headspace team will ensure a follow up clinician is allocated and we will be in contact.

What if I want to know more?

Visit or phone us on 85312122.

Contact Us

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

Opening Hours

Monday 9am - 5pm
Tuesday 9am - 7pm
Wednesday 9am - 5pm
Thursday 9am - 7pm
Friday 9am - 5pm

We are closed all public holidays



If you need to speak to someone urgently, please call Lifeline on 13 11 14 or Kids helpline 1800 55 1800

You can also get help in person at a headspace centre located near you or via our online support service at [eheadspace](https://headspace.org.au/eheadspace/).

headspace.org.au/headspace-centres/
headspace.org.au/eheadspace/



headspace National Youth Mental Health Foundation is funded by the Australian Government Department of Health, Disability & Aging



headspace Open Door



headspace supports young people 12 – 25 who are seeking support for:

- Mental Health
- General physical and sexual health
- Work & Study
- Alcohol and other drugs

What's it all about?

It's all about meeting young people where they are 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

What young people say about headspace Murray Bridge...

- “The person I spoke to was lovely and understood and respected me.”
- “Easy to book in, very comfortable environment.”
- “Helpful, understanding and non-judgmental.”
- “I was playing with putty which helped me not get stressed.”
- “I got through some walls that were built-up.”