



headspace
National Youth Mental Health Foundation

eheadspace - is this service right for me?

eheadspace provides online and telephone support and counselling to young people 12-25 and their families and friends. If you're based in Australia and going through a tough time, **eheadspace** can help

I need help for me

If you're 12-25, you can contact **eheadspace** if you need support or are worried about your mental health.

eheadspace can help you deal with a broad range of issues like bullying, drugs and alcohol issues, depression and anxiety, relationships, concerns about a friend, fitting in and isolation. Alternatively if you would like to speak to someone in person you can visit the **headspace website** (headspace.org.au) to find your nearest centre.



I need help for someone I'm worried about

If you're a parent or carer who is concerned about the mental health of a young person 12-25, you can contact **eheadspace** for specialist advice and support. You can also visit the **headspace website** to find out information for parents and carers about supporting young people going through a tough time..

I need help with work or study issues

If you're 12-25 and have issues or questions specifically relating to work or study. **eheadspace** specialist can help you to get back on track with your study, career, job and other advice relating to employment and education. You can also visit the **headspace website** for more information and help on work and study issues.

I need emergency assistance

eheadspace is not an emergency service but offers mental health support and treatment where appropriate. If you're in need of immediate support or medical assistance please contact emergency services.