

headspace Onkaparinga

service location and contact details



Address

3/50 Esplanade
Karna Country
Christies Beach SA 5165

Phone: (08) 8186 8600

Fax: (08) 8186 8699

Email: info@headspaceonkaparinga.org.au

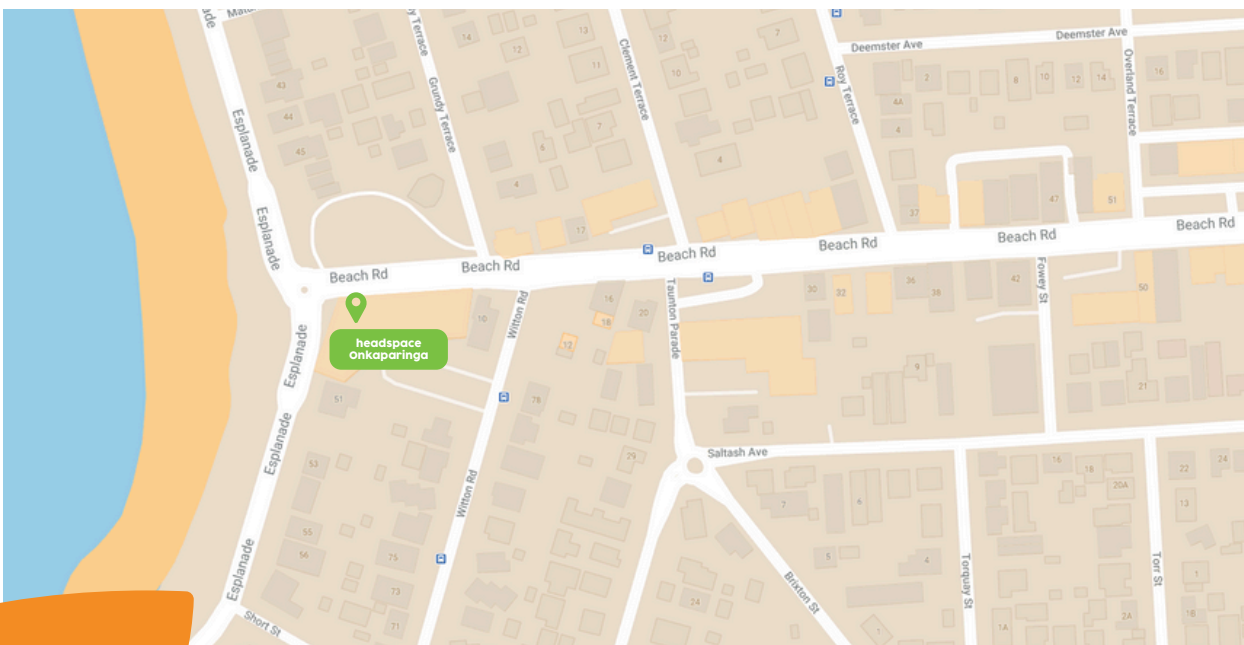
Parking

Free parking is available at the front of the centre on Beach Rd and 3 hour parking is available at the rear on Witton Rd.

Accessibility

All of our doors are wide enough to fit standard wheelchairs or frames, and our front desk has a lower section for people who use wheelchairs. We have an automatic front door, but it is sometimes locked. Please use the doorbell on the right if you find the door is locked when you come for your appointment.

One of our bathrooms is wheelchair accessible, and both are gender neutral, and single-occupant. If you have any questions about our centre's accessibility, please give us a call.



headspace Onkaparinga is operated by Sonder.
headspace National Youth Mental Health Foundation is funded
by the Australian Government Department of Health

headspace Onkaparinga

Reaching us via public transport



Bus

Stops 69A Witton Rd and 69 Beach Rd are the closest bus stops (approximately 2 minute walk). The most convenient bus routes are: 741, 741A, 750, 750A, 751, 751A, 751H and N721.

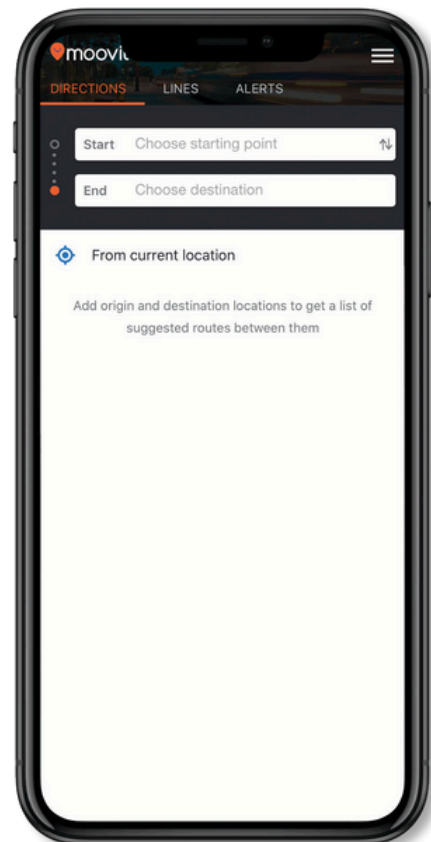


Train

The nearest train station is Noarlunga Centre Interchange (approximately 30 minute walk). Most buses listed above connect at this interchange.

If you are planning to travel by bus, use the Moovit website or mobile phone app to find the best route

1. Go to www.moovitapp.com
2. Type in your address under 'Start' and our address under 'End'
3. Select the dropdown menu under 'Depart now' and set your desired arrival time. For transit type options select 'Filters'.



eheadspace can help

headspace online and telephone service supports young people and their families going through a tough time.

what is eheadspace?

eheadspace is a confidential, free and secure space where young people 12 - 25 or their family can chat, or speak on the phone with a qualified youth mental health professional.

What does eheadspace do?

Young people may contact us if they need advice, are worried about their mental health or are feeling isolated or alone.

eheadspace can help with a broad range of issues like bullying, drug and alcohol issues, depression and anxiety, relationships, concerns about friends, fitting in and isolation.

We also have experts who can provide work and study advice to young people and specialist support to parents and carers who are worried about a young person 12 - 25. eheadspace is part of headspace, the National Youth Mental Health Foundation.

How much does eheadspace cost?

eheadspace is free but if you call from a mobile phone, normal call charges apply.

Let us know if you are calling from a mobile and we can call you back.

Is contact with eheadspace secure and confidential?

We aim to make every effort to ensure all contact with the eheadspace service is secure and confidential.

When you talk to someone at eheadspace, nothing said or written will be passed on to anyone else without your permission.

However, there are a few exceptions. For example, if we are concerned about your safety or the safety of someone else. In these instances, the eheadspace worker will try to talk to you first about what needs to happen and what additional supports you may need to help you be safe.

If necessary, we may need to pass on your contact information to authorities and/or other services to ensure you are protected and properly cared for. We will inform you about this where possible.

How do I contact eheadspace?

There are three ways to contact eheadspace:

- chat at eheadspace.org.au, seven days a week from 9am to 1am AEDST (Australian Eastern Standard Time)
- call us on 1800 650 890, seven days a week from 9am to 1am AEDST
- email us anytime and receive a response from an eheadspace worker within 24 to 48 hours

You can email eheadspace with your details and times you are available for webchat appointment or for an eheadspace worker to call you back between 9am and 1am AEST.

We'll confirm the appointment by email.

FOR EMERGENCY SITUATIONS, CONTACT AN EMERGENCY SERVICE!

If you or another person is in a life-threatening situation or require immediate help, contact the police or ambulance service on 000.

To speak to someone urgently about a mental health crisis, call Kids Helpline on 1800 55 1800 or Lifeline on 13 11 14.