

headspace self-referral form

your details

Full Name:

Email:

Age: Phone Number:

Preferred contact: ☐ email ☐ phone ☐ text Pronouns:

how we can help

headspace can support you in different ways. Please tick the boxes for the types of support you're looking for

☐ mental health ☐ physical/sexual health ☐ work and study ☐ alcohol/drug support

In a few words, tell us how we can help you

your privacy

At GPH & headspace, we collect and keep your information safe to safeguard your privacy. You can find more details in our [privacy statement](#). If you prefer not to share your information through this platform, please call us to arrange an in-person intake session.

whats next?

Please send your completed form through to headspaceoranpark@gph.org.au and we will reach out to you to book an intake appointment with our Youth Access Worker. We will work with you to understand how to best help you and will book you back with one or more specialist clinicians based on your specific needs.

emergency & crisis support details

If you are in crisis or require urgent support, you can contact the following services:

- Emergency Services: 000
- Lifeline: 13 11 14
- Suicide Callback Service: 1300 659 467
- Kids helpline: 1800 55 1800
- Beyond Blue: 1300 22 4636