



**To find out how headspace
Work & Study can help
you move forward visit
[headspace.org.au/
workandstudy](https://headspace.org.au/workandstudy)
or call 1800 810 794**



headspace centres and services operate across Australia, in metro, regional and rural areas, supporting young Australians and their families to be mentally healthy and engaged in their communities.



headspace would like to acknowledge Aboriginal and Torres Strait Islander peoples as Australia's First People and Traditional Custodians. We value their cultures, identities, and continuing connection to country, waters, kin and community. We pay our respects to Elders past and present and emerging and are committed to making a positive contribution to the wellbeing of Aboriginal and Torres Strait Islander young people, by providing services that are welcoming, safe, culturally appropriate and inclusive.



headspace is committed to embracing diversity and eliminating all forms of discrimination in the provision of health services. headspace welcomes all people irrespective of ethnicity, lifestyle choice, faith, sexual orientation and gender identity.

headspace Work & Study programs are funded by the Australian Government



we can help you get to where you want to go



**Do you need help
with looking for a job?
Or support in starting
a career? Or advice
on study options?
No matter where
you're at, headspace
Work & Study is here
to help you.**



ways we can help

Online support

Connect with a Work & Study specialist online to get tailored support and advice on everything from study and education options to job hunting. You can talk to other young people in group chats, access our online resources, and if you want, you can get support from a mental health clinician.



headspace centres

You can find our headspace centres all over Australia and around 50 of these offer work and study support. Pop in and meet us. Each centre's team knows what's happening locally, they can help you with study options, jobs and training in your area.



Career mentoring

Our career mentoring program matches you with an industry mentor online. They'll work with you to help you develop the right skills. You'll get valuable advice and support to build your confidence as you start out on your career journey.



We offer different ways of helping because we want you to choose which works best for you. It doesn't matter who you are or where you live, we're here for you. Everything is private and totally confidential. And there's absolutely no cost.