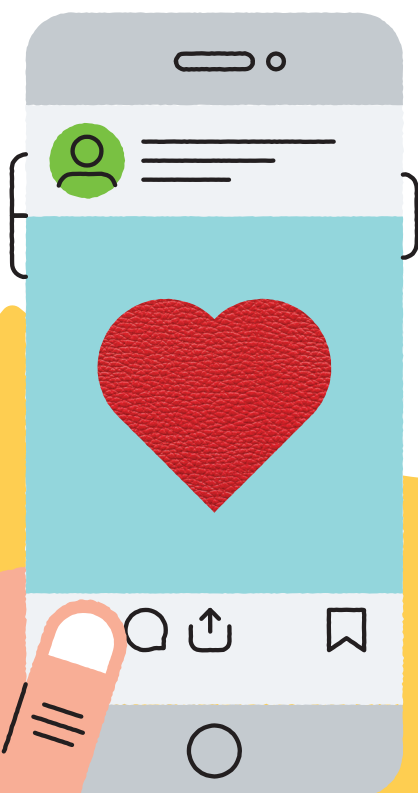




headspace

National Youth Mental Health Foundation

what is eheadspace?



headspace supports young people aged 12 to 25 years who are going through a tough time.

We provide eheadspace for young people who might be too far from a centre, might not feel comfortable with face-to-face support - or just prefer this way of chatting.

It's a safe place and it's free*. You might use eheadspace if you need advice, if you're feeling isolated or worried, are unsure of what help you need or just want to talk things through. We want you to get the help you need sooner rather than later.

Who is eheadspace?

At eheadspace, we are experienced youth mental health professionals – psychologists, social workers, mental health nurses and occupational therapists. We help by listening, talking things through, giving you information and offering other support options to help you. You can also get support from our family and friend specialists.

eheadspace web chat and telephone support is available 7 days a week, 3pm – 10pm (local time), but you can email anytime.





How do I register?

Head to **eheadspace.org.au** to get started. The same information will be asked if you contact by phone (**1800 650 890**) but don't worry, you won't need to provide a full name, we just ask for an email address.

What information do you need?

The more information you feel comfortable providing us, the more we can help. Some helpful information to share would be how you've been feeling, if you've had any mental health issues before, whether you are already using a support service and if you have any concerns or don't understand any part of the session. Feel free to let us know what you want from us and what can we help with.

Different ways to chat

We'll always do our best to get to everyone, but at times eheadspace can get really busy. If you can't access web chat when you log on, another option may be to send an email or contact us on **1800 650 890**. You can even email us to book a time to chat.

Group chats are another way for you to ask professionals some questions in a anonymous online environment. These sessions are held online once a month, each based on a specific topic. If you are unable to attend on the night, you can go into the headspace website and view past chats online.

Head to **headspace.org.au** to discover tools and articles you may find helpful.

*All eheadspace online services are free but if you call **1800 650 890** from a mobile phone normal call charges apply.



You can access eheadspace anywhere in Australia via:

Web chat at **eheadspace.org.au**

Calling us on **1800 650 890**

Emailing us by visiting **eheadspace.org.au**

eheadspace web chat and telephone support is available 7 days a week, 3pm – 10pm (local time), but you can email anytime.



Is it an emergency?

If you are in an emergency situation or need immediate assistance, contact mental health services or emergency services on **000**. If you need to speak to someone urgently, call Kids HelpLine **1800 55 1800** or Lifeline **13 11 14**.