

headspace Greensborough & Plenty Valley

FREE SERVICES & SUPPORT 12-25 year olds

MENTAL HEALTH

Intake Assessment + Meet & Greet

Get to know the young person, assess their needs, goals and preferences for support. Discuss the most appropriate support from the following options:

Headstart

1-2 Counselling sessions

Peer Practitioner

Support from a lived experience worker

Brief Intervention

6 - 8 Counselling sessions

Psychologist/Mental Health Social Worker (\$33 Gap fee)

Requires GP Mental Health Treatment Plan (6-10 sessions)

Single Session Family Consultation

Young person & family consent to this session

Family Support

General support to families around mental health & services



PHYSICAL HEALTH

Youth Nurse

Physical health advice & support
Sexual health advice & support
Brief BEeT program (binge eating)
Body Project (healthy body image)

COMMUNITY ENGAGEMENT

Community Engagement Practitioner

School Workshops
Community events
Groups for young people
Youth reference group - YRG Volunteers
Programs for parents & carers
Group & event info (on our social media)

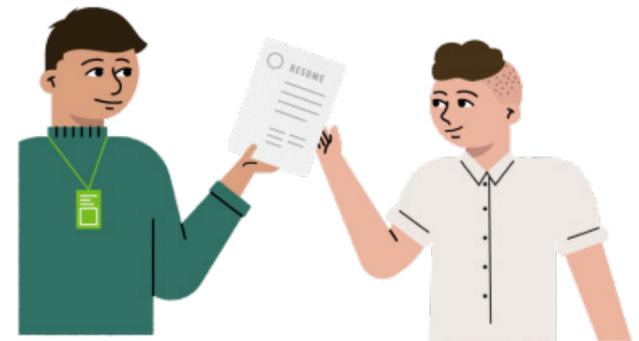
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WORK & STUDY

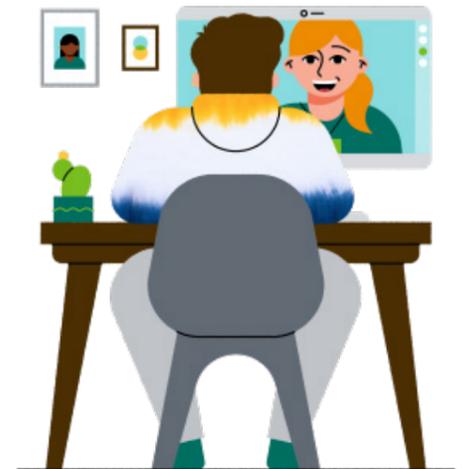
In Centre

1-on-1 support with a consultant at headspace Greensborough or Plenty Valley. Support for a wide variety of work and study related challenges to help a young person reach their goals.



online

headspace Work & Study Online Support provides tailored 1-on-1 online support with a Work and Study Specialist, accessible from anywhere in Australia. Connect via video calls, webchat or phone.



ALCOHOL & DRUG

Partnership with YSAS

1-on-1 support with YSAS staff at headspace Greensborough or Plenty Valley. Provides alcohol and other drug support to young people.

ONLINE ONLY

eheadspace

Connect with a mental health clinician 1-on-1. Anonymous, confidential and free mental health support for young people and their family.

MOST

An online digital mental health service for young people aged 12-25. It's available by referral at headspace Greensborough & Plenty Valley.

