

headstart

What is a headstart session?

- 90 minute focussed session on one concern of your choosing with a headspace worker.
- Prioritise the issue most important to you right now.
- Builds on your strengths and resources.

How does a session work?

- **Step 1:** Complete a pre-survey to help us understand what you want to focus on during your session.
- **Step 2:** Attend a 90 minute session focusing on the concern of your choosing.
- **Step 3:** Answer a post-session check in phone call to determine next steps.

Will I only get one session?

- One session may be enough to meet your needs. If not, there are other options for support that can be considered with your worker such as another session, waiting for ongoing support, referrals to other services.

Can my family or friend be involved in the session?

- Where you are comfortable, and would be beneficial to your wellbeing, we encourage family and friends to be involved in your care.
- All involvement of family and friends is done with your privacy and confidentiality in mind.
- Speak to your worker to decide how you would like others to be involved in your session.

Next steps

- Please call us on 8215 6340 to discuss if a single session is right for you.

If you need immediate assistance, call 000, or to speak to someone urgently, please call: Lifeline 13 11 14, Kids Helpline 1800 55 1800, or Mental Health Triage 13 14 65.

