

## How we can help you

**headspace** Sunshine offers a range of support options. If we don't currently provide what you think you need, please talk with us.

We also have partnerships with a number of other service providers who we can suggest for you. Most of these are available right at the centre.

These include:

- JVEN & WCIG Employment Services
- Detour - Homelessness Prevention
- Western Drug Health
- IPC Primary Care (Sexual Health)
- Mind Australia (Family & Carers Support)

### Clinical Research

We are supporting clinical research at this centre to advance our knowledge of what helps young people most. Therefore you may be contacted by a researcher inviting you to be part of one of our trials.

### eheadspace

**eheadspace** provides online and telephone support between 9 a.m. - 1 a.m. daily, to young people 12-25 and their family and friends. Visit [eheadspace.org.au](http://eheadspace.org.au) or phone 1800 650 890.



## Interested in coming to headspace Sunshine?

Call us on **03 9927 6222** and speak with one of our friendly Access Team Clinicians who will be able to help you get linked in with one of our programs, or just pop in to say hello!

### Contact headspace Sunshine

**Ph:** 03 9927 6222

**Fax:** 03 9312 1757

**Website:** [headspace.org.au/Sunshine](http://headspace.org.au/Sunshine)

**Facebook:** [facebook.com/Sunshine](https://facebook.com/Sunshine)

**headspace**  
we've got your back

Please bear in mind that **headspace** is not a crisis service and there may be times where our Access Team may take a few days before contacting you.

*Young people who require more urgent help can contact:*

Royal Children's Hospital (under 15)  
PH: 1800 44 55 11

Orygen Youth Health (15-24 years)  
PH: 1800 888 320

Kids Helpline PH: 1800 55 1800

**headspace** National Youth Mental Health Foundation is funded by the Australian Government Department of Health

**headspace**  
Sunshine



**headspace**  
someone else to talk to

# Services at headspace Sunshine



## Counselling

If you or someone you know:

- is feeling depressed or anxious
- isn't coping at school
- isn't sleeping well or sleeping too much
- finds it hard to concentrate
- wants to talk about their drinking or drug use
- is being bullied, hurt or sexually harassed
- is having trouble getting or keeping a job
- has family or relationship issues

then, our youth friendly clinicians are available to support you with little or no cost.

## Drug and Alcohol Support

Help and information is available if you have drug and/or alcohol concerns or you may be finding it hard to cope with peers or family members struggling with similar difficulties

## General Practice/Sexual Health

Female and male general practitioners (GP) and a female sexual health nurse are available most days to look after your physical and sexual health needs. Just call us to make an appointment.

## Work it Out

Help is available to assist you with getting work, and more importantly, stay in work! Our JVEN workers can help you to build your CV, explore work options and gain meaningful and sustainable employment.

## Brief Interventions Clinic (BIC)

The Brief Interventions Clinic (BIC) offers you a range of skill building and behavioural interventions including: Problem Solving Skills; Exercise for Wellbeing; Communicating with Confidence; Mindfulness and Relaxation; Self-Acceptance; Sleeping Well. You have an active role in deciding what you think is most helpful for you. Involvement in the BIC is limited to a maximum of six individual sessions at **no cost** to you.

## Groups at headspace Sunshine

We are running a number of group programs every year during school terms. Please check our website to keep up to date with what's on offer or give us a call.

## YAG (Youth Advisory Group)

A group for young people aged between 16-25 who are passionate about issues faced by young people. The YAG share ideas and opinions, learn new skills, meet new people, help raise awareness in our community and help make decisions about how **headspace** can work best.

## Family & Friends Evenings

Every six weeks we are running a 90 minute evening session for families and friends (irrespective of whether one of their family members is currently engaged with us) to provide an overview of what we are doing and how we can support young people and their families. These sessions also provide some guidance re: available external support options and how families/family members can support each other in promoting family wellbeing and functioning.

Please refer to our website for a list of dates for sessions throughout the year.



## Privacy and Confidentiality

In Australia, laws protect young peoples' rights to have information they share with doctors (and other people who provide health services) be kept private.

These laws mean that what you tell people during a health care appointment must remain private between you and that person or service, except in particular situations.

When you talk to any of the staff at **headspace** Sunshine you can be confident that what you talk about is not shared with people outside of the service without your knowledge.

**headspace** Sunshine helps you access services that are sometimes provided by other agencies outside of **headspace**. Please talk with anyone on our Access Team about how this relates to your private information.

