

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 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

Facebook: 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
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

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.

YAG (Youth Advisory Group) & Youth Peer Work

Here at **headspace** Sunshine we are convinced that we can only deliver excellent services if we involve Young People and Families in all of our service planning, delivery and evaluation. As such, we are working closely with a wide range of Young People who are passionate about issues faced by young people and contribute their 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.

Groups & Workshops

We are running a number of FREE groups and workshops throughout the year. Some are running continuously; others only during particular time periods. Please check our website or Facebook page to keep up to date with what's on offer and how to register. Or simply give us a call.

Music & Mood

In this fun and interactive 6-session group you will learn more about the relationship between music and mood and how you can use music to manage difficult feelings, express thoughts and emotions, and to connect with other young people. Sessions are running during each school term.

Mental Health Masterclass

In this series of workshops you will learn essential self-management skills to help improve your emotional health and wellbeing. Sessions are open to all Young People and Families/Carers regardless of whether they are currently clients of our centre. Sessions run weekly for 60 minutes and include topics such as: sleeping well; Activity/Exercise; Healthy Nutrition; Communicating with Confidence; Mindfulness and Relaxation; Improving Self-Acceptance/Esteem; Understanding & Managing Anger and other Challenging Feelings; Healthy Thinking.

Connected Creativity

This 5-session art & craft group is helping young people build self-esteem and social confidence; expand their social network and capacity to establish supports; and in develop skills in self-expression and communication of their (challenging) emotional experiences. The group will run during school terms 1-3 and is jointly facilitated by a trained Art Therapist and a Young Person.



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.

