

we're here for you



all headspace Tuggeranong services are FREE
to young people aged 12-25 and their family



your health & wellbeing matters:

If you're not sure what service will best support you, headspace Tuggeranong can help you with:

Mental Health Supports - we have clinicians who can support you with mental health concerns.

Work & Study Supports - we have specialists who can support you areas that address work & or education barriers.

Physical & Sexual Health Supports - if you don't have a regular youth-friendly GP you see, we can help connect you with one.

Alcohol & Drug Support - you can access our AOD specialist for help related to yours or others alcohol & or drug use concerns.



did you know we run groups?

headspace Tuggeranong hold a number of therapeutic and social groups. Please ask your headspace staff member or our friendly reception team for further details on what is currently being offered.



about our Centre

Open Hours: Mon, Tues, Wed, Friday

8.45am-5.15pm & Thursdays 11am-7pm

Location: Level 1, 167 Soward Way, Greenway
ACT 2900

Access: The public have access to stairs or an elevator to enter headspace Tuggeranong on level1.

Contact: Phone - 02 6298 2920

Email - info@headspacetuggeranong.org.au

Website - headspace.org.au/tuggeranong



no wrong door

Our team are here to help when things feel tough & we want you to get the best help you need as soon as possible. We have a "**no wrong door**" policy, which means if we're not the right fit, we'll make sure you're connected with the service that is.



headspace National resources

Create a headspace account:

head to the headspace website
headspace.org.au to create an account to
access FREE resources & supports.

eheadspace:

After creating a headspace account, you can
chat online or on the phone with a trained mental
health professional. It's all about support made
simple & safe for young people like you!

Open Hours: 3pm-10pm, 7-days a week



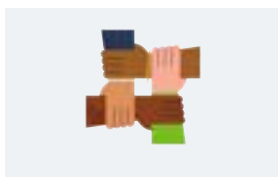
MOST - additional mental health support

MOST is a safe online mental health service that personalise your
therapy journey, tailored to you, with a moderated online
community where you can chat with other young people



inform, advise, co-create - young people

Young people can participate in service activities
and governance in a variety of ways - scan the
QR code for more details



inform, advise, co-create - family

Family - no matter who you are, can participate
in service activities and governance in a variety
of ways - scan the QR code for more details



if you need emergency assistance:

IMPORTANT headspace is not a crisis service

If you require immediate support, help or medical assistance
please contact:

Emergency Services - [000](tel:000)

Access Mental Health (ACT) - [1800 629 354](tel:1800629354)

Mental Health Line (NSW) - [1800 011 511](tel:1800011511)

Kids Helpline - [1800 551 800](tel:1800551800)

Lifeline - [13 11 104](tel:1311104)

Suicide Call Back Service - [1300 659 467](tel:1300659467)