

FAQ

How do I book an open door appointment?

You can self refer, via GP, external service provider, family / friend or, walk in or call us on **8391 0123**

What will I need to do when I arrive?

You'll be asked to complete a **quick survey** on our iPad and a short questionnaire - the information will ensure you get the help you want

Is there a cost?

There are **no fees** at headspace

Will I see the same clinician for future appointments?

We can't guarantee that you'll be able to see the same clinician

Will I still have the option of seeing someone for ongoing therapy?

Yes you can, please let the clinician know at your appointment if you would like to receive an ongoing service

What if I want to know more?


Phone us on **8391 0123** or stop by

Contacts:

Beyond Blue	1300 224 636
CAMHS Connect	1300 222 647
Child Protection Crisis Care	13 16 11
eheadspace	1800 650 890
Kids Helpline	1800 551 800
Lifeline	13 11 14
Men's Line Australia	1300 789 978
Parent Helpline (24 hours)	1300 364 100
QLife	1800 184 527
Relationships Australia	1300 364 277
Rural & Remote Emergency Mental Health (24 hours)	13 14 65
1800 RESPECT	1800 737 732
Shine SA (Adelaide office)	1300 794 584


headspace Victor Harbor

 10 Crozier Road, Victor Harbor

 8391 0123

 victorharbor@ireach.org.au

If you need to speak to someone **urgently**, please call

 Lifeline 13 11 14 or
Kids helpline 1800 55 1800

You can also get help in person at a headspace centre located near you or via our online support service at eheadspace.

headspace.org.au/headspace-centres/
headspace.org.au/eheadspace/



headspace Open Door



headspace supports young people 12 - 25 who are seeking support for:

- Mental health
- General physical and sexual health
- Education and employment
- Alcohol and other drugs

What's it all about?

It's all about meeting young people where they are at...

- Free Service
- Experienced Clinicians
- Family Friendly
- Guided by young people
- Strategies & tools to take away
- Evidence based
- Quick access

Welcome to our accessible service where this first therapy session will seek to provide you with as much assistance as possible around the things you want to achieve.

We will make the most of our time together by asking you: how can we be most helpful to you today?

At the end of the session we will work with you to discuss what's next?

You can come back for this one-at-a-time therapy service any time you want.



Research shows...

- Most change occurs early in therapy
- The most common number of therapy sessions is one, followed by two
- Client feedback shows that a lot of young people are satisfied and get the help they want from attending just one session