

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

headspace Open Door

Contact Us

headspace Victor Harbor
10 Crozier Rd
Victor Harbor
P: 8391 0123
victorharbor@ireach.org.au



If you need to speak to someone urgently, please call Lifeline on 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 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