



let's talk headspace Wonthaggi

Find out more about headspace
Wonthaggi and how we can help



headspace Wonthaggi is here for you

headspace Wonthaggi is a space for young people aged 12–25 years to find support with their mental health, physical health (including sexual health), alcohol and other drugs, and work and study.

We provide support for mild to moderate mental health challenges.

Our services are free to access.

We have a 'no wrong door' policy. This means that you can talk to us about what you need and how we can help. If we think another service will be a better fit for you, we'll help you connect with them.

Where we are



You can visit us at 5b Murray Street,
Wonthaggi, Victoria 3995.

We also provide online and telephone services.

We also provide services from outreach locations in Leongatha, Korumburra, Foster, Cowes and Mirboo North.



we can help with:



Counselling

Speak to an experienced and qualified counsellor about things that are troubling you and find solutions and supports. We offer 2 types of counselling:

Single Session Therapy: A one-off appointment where the counsellor will discuss strategies and share resources to help with your mental health.

Brief Intervention: Up to 6–10 sessions of counselling where you can talk about your experiences and your life, and learn and practice strategies to support your mental health.

GP & telepsychiatry

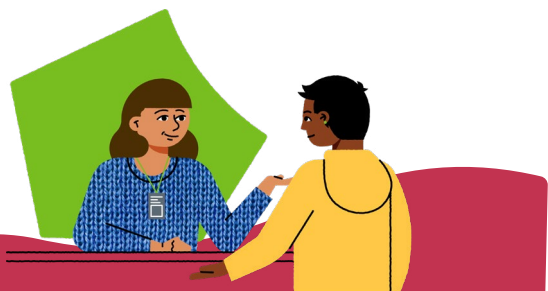
We can organise for you to have an appointment at our centre with a youth-friendly doctor (GP). They may refer you to a psychiatrist if needed to support you with your mental health.

Alcohol and other drugs (AOD)

If you're struggling with alcohol or other substance use, we can arrange for you to meet with an AOD support worker.

Centrelink (Services Australia)

We can organise for you to meet with a Centrelink staff member at our centre.



a typical journey at headspace Wonthaggi

A referral is made using our self-referral form or professional referral form.

We will review your referral and respond, usually within 2 business days.

We'll invite you to an intake session, usually held within 2 weeks, where we'll talk to you about your needs and goals.

We'll organise for you to have some sessions with one of our workers. Together we'll prepare a care plan.

If there's a waitlist, we can organise for you to have phone check-ins while you wait.

If we think another service will be a better support for you, we'll help you connect with them.

If you need support in the future, you can contact us with a new enquiry, up until the age of 26.



groups



Social and support groups

We run regular groups for young people. Visit our website and social media to see what's on offer. We'd also love to hear your suggestions.

Youth Advisory Group (YAG)

Young people have a say on everything we do. Our YAG is a volunteer group of local young people aged 15–25 who share their ideas on how our services should run and can be improved.

Family reference group

Brings together family members of young people to share their experiences, ideas and perspectives. This helps us improve our services and ensure they remain accessible, inclusive and responsive to young people and families.

support beyond our centre



Explore more support available online and on the phone from headspace National.

- Chat with an eheadspace clinician.
- Chat with a work and study specialist.
- Match with a career mentor.
- Join headspace National's online community.
- Learn about mental health at your own pace with free and confidential activities.

Visit headspace.org.au/online-and-phone-support or scan the QR code above.

welcoming you



We're committed to providing safe, inclusive and accessible services for all young people.



We welcome:

- First Nations young people
- gender diverse and sexually diverse young people
- young people with disability
- culturally and linguistically diverse young people
- young people experiencing vulnerability and disadvantage.

Our dedicated First Nations Social and Emotional Wellbeing Worker provides culturally safe support for First Nations young people.

Our centre is located on Bunurong Country. We acknowledge First Nations peoples as the Traditional Owners and Custodians of the lands and waterways of Australia. We support their right to self-determination and culturally safe services.



accessibility

headspace Wonthaggi is certified communication accessible.

Our centre is fully wheelchair accessible, including an accessibility ramp at the front entrance and an accessible bathroom inside.



We work with interpreters on request.

find out more

Scan the QR code or visit
headspace.org.au/wonthaggi



contact us



- Call (03) 5671 5900
- Email info@headspacewonthaggi.org.au
- Fill in the self-referral form or professional referral form on our website.
- Drop into our centre at 5b Murray Street to speak to one of our friendly staff members.

is it an emergency?

We don't provide crisis services. If you or someone you know is in danger right now, please call emergency services on 000.

If you need to speak to someone urgently, call Lifeline on 13 11 14 or Suicide Call Back Service on 1300 659 467.

If it's not an emergency, you can speak to an eheadspace counsellor online or over the phone. Visit headspace.org.au/eheadspace or call 1800 650 890.

follow us online



Facebook: [headspace Wonthaggi](https://www.facebook.com/headspacewonthaggi)



Instagram: [headspace_wonthaggi](https://www.instagram.com/headspace_wonthaggi)

opening hours

Monday 10am - 6pm

Tuesday 12pm - 8pm

Wednesday 10am - 6pm

Thursday 10am - 6pm

Friday 10am - 6pm

Closed weekends and public holidays.

headspace Wonthaggi is operated by Relationships Australia Victoria. All headspace services are funded by the Australian Government Department of Health, Disability and Ageing. Administration of funding is carried out by the headspace centre's local Primary Health Network (PHN), in this case, Gippsland PHN.

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