



eheadspace

eheadspace provides free online and telephone support and counselling to young people 12 - 25 and their families and friends. If you're based in Australia and going through a tough time, eheadspace can help.

eheadspace is a confidential, free and secure space to chat, email or speak on the phone with a qualified youth mental health professional.

How we can help

- If you are feeling down
- If you are feeling stressed
- If you are being bullied
- If you have concerns about drugs and alcohol
- Getting along with your family and friends
- Romantic relationships
- Questions about sex
- Questions about gender and who you are attracted to
- Getting advice about helping a friend
- Anything you want to talk about!

www.eheadspace.org.au

1800 650 890

headspace Grafton

59 Duke street
 Grafton NSW 2460
 P: (02) 6642 1520
 F: (02) 6642 7391
 E: hg@genhealth.org.au

www.headspace.org.au/headspace.centres/Grafton
www.facebook.com/headspaceGrafton

Opening Hours
 Mon – Thurs: 0900 - 1700
 Fri: 0900 - 1630



headspace Grafton is not a crisis support service.

If you are in crisis please call:

Emergency Services - 000

Lifeline – 131 114

Kids Help Line – 1800 551 800

Mental Health Access Line – 1800 011 511

Emergency Housing – 1800 152 152



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headspace Grafton



We provide support services to people aged 12-25

headspace is a safe place you can go to talk to someone!

what is headspace?

headspace Grafton is a place where young people (12- 25yrs) can find someone else to talk to.

We are here to help young people who are going through a tough time.

Some of the things we can help you with are:

- feeling down, stressed or if you can't stop worrying
- haven't felt like yourself for a long time
- can't deal with school, or can't concentrate
- worried about your drug and alcohol use
- having trouble with food, eating or self esteem
- want to talk about your sexuality, identity or relationships
- want to talk about sexual health or contraception
- are having difficulties with friendships or relationships
- are being bullied, hurt or harassed
- connections to other services

You might not even know what the problem is exactly, and that's fine too.



what to expect

We aim to offer you help which is:

- free and confidential
- professional and youth friendly
- respectful, non-judgemental and upholds your rights
- tailored to your specific needs and situation by involving you in creating and adapting your personalised care plan
- designed to help you achieve your goals

We listen to you and then working together with you, we develop the best and easiest personalised care plan to deal with your circumstances.



questions?

How do I make an appointment?

The best way is to give us a call on 6642 1520 or drop in and organise to speak to someone. We'll talk to you about what is going on and where to connect.

What does it cost?

There is **NO COST** for young people who access our service. Sometimes you will need your Medicare card, but we will tell you when and if that's the case.

How do I make a referral?

You can be referred to our centre by schools, health and community workers. They can do this by filling in a referral form and emailing or faxing it to us.

Families, Carers or friends can also refer on your behalf, with your consent. You can also refer yourself if you want to! Once we receive a referral, we will be in touch as soon as possible.

Who can I see at headspace?

- Youth Workers
- Psychologists
- General Practitioner
- Individual Placement Support Workers

Will it be confidential?

We know how important it is to provide a confidential service. Please talk to one of our workers if you want more information about how we protect the right to privacy of the young people who use our service. We will always seek your permission before we share your personal information and circumstances with anyone else.