



headspace
Mount Gambier



let's talk headspace Mount Gambier

**Find out more
about headspace
Mount Gambier
and how we
can help.**

**headspace Mount Gambier is a good
place to talk about your wellbeing**

headspace Mount Gambier supports young people
aged 12 – 25, who are seeking support for:

- mental health
- physical health (including sexual health)
- alcohol and other drugs
- work and study



We can help with:

Mental health

We can help if you or someone you know are:

- feeling down
- feeling stressed or worried a lot of the time
- experiencing relationship problems or difficulties with your family or friends
- wanting to talk about sexuality or gender identity
- just not feeling yourself, or if you've noticed changes in your thoughts, feelings or behaviour.

Physical health

Our headspace centre is connected with youth-friendly doctors and nurses who can assist you with issues related to:

- any physical health issues
- contraception and sexual health
- drug or alcohol use

Work, school and study

We can help if you are:

- struggling at school or work and feeling anxious or stressed
- unsure of what course you want to do
- needing a hand writing a resume
- seeking help in searching for a job

Alcohol and other drugs

Alcohol and other drugs can affect things that matter to you, like your mental health, wellbeing or friendships. If you're having a hard time, we can support you to get things back on track.

Appointments

Referrals can be made by:



walking in



phone



email

- You can refer yourself or be referred by a friend, family member, doctor, teacher or other service provider.
- You can choose to attend an Intake/Assessment, then be allocated to a staff member for ongoing support.
- Or, you can choose to have a single session to receive a quick, solution focussed session.
- When you arrive you will be asked to complete a short survey on an iPad which asks you how you have been going and what you would like to work on.
- Our services are accessible to young people across the entire South East of South Australia.

You can choose to hold your appointment:



in person at
our office in
Mt Gambier



online via our secure
health direct video
conferencing platform



over the
phone

LINK group (free)

We offer an inclusive group for young people aged between 18 to 25 who are ready to step out of their comfort zone. LINK is a relaxed space aimed at building connections with other young people and learning useful life skills, while enjoying fun activities. This group meets fortnightly on a Wednesday, from 2pm - 4pm at the Mount Gambier Library.

LGBTIQ+ group (free)

Our LGBTIQ+ group is a welcoming space for young people aged between 12 and 25, who identify as sexually or gender diverse. We meet fortnightly on a Tuesday, between 5.30pm - 7pm. During the session young people can chill out, play video games or board games, cook and bake or watch movies with other young people identifying as sexually or gender diverse.

Youth Sexual Health Clinic (free)

Our qualified nurse offers a safe and confidential service to access sexual health education and counselling, STI screenings, pregnancy testing, information about contraception and more. Appointments can be made by contacting the centre or, just you can walk-in on the first Wednesday of the month, from 12pm - 4pm.

171 Commercial Street East

Mount Gambier, SA 5290

Boandik Country

P 08 8725 0443

F 08 8211 8041

headspace.org/mountgambier

E headspacemountgambier@unitingcommunities.org

opening hours

Monday	9.30 am – 5.30pm
Tuesday	9.00 am – 8.00pm
Wednesday	11.30am – 5.30pm
Thursday	9.00am – 8.00pm
Friday	9.30am – 5.30pm

how can i find out more?

headspace.org.au provides you info and resources to help you maintain your wellbeing. You can also find your closest headspace centre here – or get in touch with headspace to talk to someone

If you are in an emergency situation or need immediate assistance, contact mental health services or emergency services on 000. If you need to speak to someone urgently, call Kids HelpLine 1800 55 1800 or Lifeline 13 11 14.

headspacemountgambier@unitingcommunities.org



Everyone is welcome at headspace



headspace
Mount Gambier