



### What we're all about!

At **headspace** Nowra we provide support to young people aged 12-25 who may be going through a tough time. We're also involved in a whole bunch of activities that raise awareness in the community. We visit schools, attend community events and have a Youth Reference Group.

### Youth Reference Group

Young people are at the core of **headspace**, and we involve young people in decision making, program development and community activities.

### Inclusiveness

**headspace** Nowra is a safe and inclusive place for all young people. We celebrate individuality and uniqueness and aim to promote this throughout the community.



**headspace** Nowra

Tel 02 4421 5388

Fax 02 4421 0045

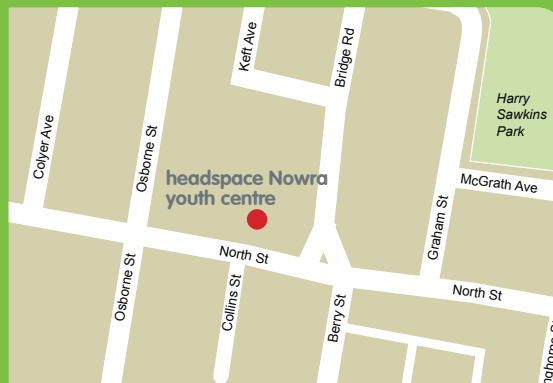
Email [info@headspacenowra.org.au](mailto:info@headspacenowra.org.au)

51 North St, Nowra, 2541

PO Box 266, Nowra, 2541

### Other headspace contact details

For more information on headspace centres and online telephone mental health support visit [headspace.org.au](http://headspace.org.au) or find us on Facebook.



### headspace is not a crisis service.

If you require immediate support, help or medical assistance contact Emergency Services on 000 or call Lifeline on 13 11 14 or Kids Helpline on 1800 55 1800

headspace Nowra is an initiative of headspace: The National Youth Mental Health Foundation and Grand Pacific Health Ltd



**Youth Health Centre:**  
Someone else to talk to

### NO COST

All our services are provided free of charge with your Medicare card or number. We can help you get your number if you don't know it.



## Services at headspace Nowra are for anyone aged 12-25

### Who works here?

headspace Nowra is home to a bunch of different people who can all help in different ways. Some of the main people you can see here are:

- Psychologists
- GPs (doctors)
- Youth workers
- Youth counsellor
- Social workers.

We will work with you so that you know exactly what's going on with your treatment. Our team works together so that you have access to all the services you need.

Want to know more? Call us on 4421 5388 and speak to one of our friendly team!



### So who can I speak to?



When you're young, life can throw up lots of challenges. You don't need to go through it alone, **headspace** Nowra can help you if you're going through changes in thoughts, feelings, behaviour or just not feeling yourself.

Our service is **FREE** and designed for young people aged 12 to 25 who are:

- Feeling down, stressed or worried
- Having trouble at school/uni/work
- Being bullied, hurt or harassed
- Dealing with relationship problems
- Concerned about alcohol or drug use
- Worried about their health.

You might not know what the issue is exactly, but that's okay too!

### How do I see someone at headspace?

The best way is to just give us a call on 4421 5388 or drop in and speak to someone at the centre.

### What does it cost?

The service is **FREE** for young people.

### What about my privacy?

Your privacy is important to us! Please talk to one of our workers if you want more info on how we protect the privacy of young people who use our service.

Find out more at:

<http://headspace.org.au/headspace-centres/nowra/>

### What else does headspace offer?

**ehheadspace** is a confidential, free and secure space where young people can chat online, email, or speak on the phone with a qualified youth mental health professional.

Visit [www.eheadspace.org.au](http://www.eheadspace.org.au) to find out more.

