

About headspace Onkaparinga



headspace Onkaparinga supports young people aged between 12-25 years old and can help you, or people you know who might be going through a tough time. We can help with general health, mental health and wellbeing, work, school, study, or alcohol and other drug support.

Mental Health

We have counselling, psychological, psychiatric, and other support available that can help if you're not feeling yourself

Work and Study

We have services and programs available to help support young people with work, study or training opportunities

General Health

We can help support and link you with services to assist with your physical health, sexual health and general wellbeing

Drug and Alcohol

We have workers on site or linked to the centre, who can assist you with anything related to alcohol or other drugs

Our vision

Our vision is to be a mental health service that is inclusive, welcoming, and responsive to young people, their family and friends.

Our mission

Our mission is to listen to young people and place their wellbeing as central to our work every day

Engaging young people, friends, families and communities

Youth participation is fundamental to the delivery and quality of the support offered by **headspace** Onkaparinga; it provides young people with meaningful opportunities to directly participate and collaborate with the service. This is done through three main groups that run at **headspace** Onkaparinga: the Youth Reference Group, the Family and Friends Reference Group, and the Talkin' About Your **headspace** Youth Ambassadors program.

We're also passionate about being involved with our community, and we endeavour to reduce the stigma of mental health, and enhance the wellbeing of young people. As such, we have a range of resources available for those who are from linguistically and culturally diverse backgrounds (including access to interpreter services), for those who are Aboriginal or Torres Strait Islander, and for those within the LGBTQI+ community.

If you would like more information on any groups we are running, upcoming events, volunteer opportunities, or any of the support services that **headspace** Onkaparinga might have available, you can contact the centre by calling **8186 8600** or visit the website: headspace.org.au/onkaparinga.

want to contact us?

You can call the centre on **8186 8600**, fax us on **8186 8699**, or come and visit us at **U3/50 Esplanade, Christies Beach**.



Adelaide Metro Bus Stop XX is out the front

when are we open?

Monday 9am-5pm
Tuesday 10am-6pm
Wednesday 9am-5pm
Thursday 9am-5pm
Friday 9am-5pm



want more info?



headspace.org.au/onkaparinga



@headspaceonkaparinga



facebook.com/headspaceonkaparinga

Or you can even send us a quick email at info@headspaceonkaparinga.org.au

We are always looking for ways to improve our services. If you have any feedback about our services, please let us know via the feedback form in this pack or online; the form is located under the 'more information section' of our website headspace.org.au/onkaparinga