



## young People

If you are passionate about helping young people and making a difference in your local community, you can get involved in a number of ways! These include joining our Youth Reference Group (YRG), giving us feedback and liking us on Facebook and Instagram.

## family & friends of headspace Onkaparinga

Join our Family and Friends Group and be involved in quality improvement and evaluation of headspace Onkaparinga's services for family members and friends.

Contact us on (08) 8186 8600 for more information.

## come & see us!

### contact headspace

There is no wrong way to contact us

### headspace Onkaparinga

Unit 3/50 Esplanade, Christies Beach SA 5165  
(There is plenty of parking)

**Phone** (08) 8186 8600  
**Fax** (08) 8186 8699  
**Facebook** headspaceonkaparinga  
**Instagram** @headspaceonkaparinga  
**Email** info@headspaceonkaparinga.org.au  
**Website** headspace.org.au/onkaparinga

### hours

Monday 9:00am - 5:00pm  
Tuesday 10:00am - 6:00pm  
Wednesday 9:00am - 5:00pm  
Thursday: 9:00am - 5:00pm  
Friday: 9:00am - 5:00pm  
Saturday Closed  
Sunday: Closed



**If you need to speak to someone urgently, please call Lifeline on 13 11 14 or Kids helpline 1800 55 1800**

Sonder is the lead agency for headspace Onkaparinga  
Ph: 08 8209 0900 or email: info@sonder.net.au

headspace National Youth Mental Health Foundation is funded by the Australian Government Department of Health.

headspace acknowledges Aboriginal and Torres Strait Islander Peoples as the First Peoples of Australia and we pay respect to the Elders past and present who we share this great country with.



 **headspace**  
Onkaparinga

# at headspace Onkaparinga, we've got your back

**Youth mental health service - helping you understand and work through some of life's challenges**



# headspace is committed to providing the best possible service to young people, their family and friends.

are you under 25 and going through a tough time? headspace Onkaparinga can help.

We can provide you with advice, support and assistance if you:

- Feel down, stressed or can't stop worrying;
- Haven't felt like yourself for a long time;
- Can't deal with school or are finding it hard to concentrate;
- Feel sick or are worried about your health;
- Want to cut down on drinking or drug use;
- Want to talk about sexuality, identity or relationships;
- Are having difficulties with friendships;
- Have sexual health issues;
- Are being bullied, hurt or harrassed;
- Are worried about work or study;
- Are having money trouble.

## what to expect at headspace Onkaparinga

When you first come to headspace Onkaparinga, you will be greeted by one of our friendly receptionists. You will then be asked to use an iPad to give us some details about your overall wellbeing so we can offer you the best support possible. After this, you will see one of our workers, who will work alongside you in developing a plan that suits your needs.

Our centre is designed for young people and we aim to provide a service that is welcoming, friendly and supportive.

## cost and confidentiality

The services we provide are always free.

At headspace Onkaparinga, we are here to listen and will keep your information private and confidential.



## making an appointment

There are a number of ways you can make an appointment with headspace Onkaparinga. Please contact us using information on the back of this brochure.

## making a referral

Young people can self-refer to our centre or be referred by GPs, schools, health and community workers.

You can do this by calling us on (08) 8186 8600 or by filling in a paper referral form and emailing or faxing it to us.

You can also use our online referral form [headspace.typeform.com/to/WIJJjT](https://headspace.typeform.com/to/WIJJjT)

Families, Carers or friends can refer on behalf of the young person involved. Referrals must take place with the consent of the young person.

Once we receive a referral, we will be in touch as soon as possible.